

# **Vermont Arthritis Resource Guide 2005**



Arthritis Program  
108 Cherry Street  
Burlington, VT 05401  
(802) 951-4068

This directory is available:

- Online <http://healthvermont.gov/prevent/arthritis/index.aspx>
- A print copy of this guide may be obtained by contacting:

Arthritis Program  
Vermont Department of Health  
108 Cherry Street  
P.O. Box 70  
Burlington, Vermont 05401-0070  
(802) 951-4068

Please note: The information contained in this guide includes a compilation of publicly available information that has been consolidated for your convenience. Attempts have been made to verify this information. The Vermont Department of Health is not responsible for the accuracy of the information contained within this guide, nor should the inclusion or exclusion of any individual or organization be construed as a reference or recommendation.

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# Practitioners

This section identifies the types of practitioners and therapies that you may want to include as part of your health care team. Always make certain that new practitioners are aware of your arthritis and any accompanying limitations you may have.

For your convenience, practices in your area have been listed. Although we have attempted to include as many as possible, this list may not be exhaustive. For the most up-to-date listings refer to your local phone directory or ask your physician for a referral.

## Rheumatologists

Rheumatologists are medical doctors who specialize in the diagnosis and treatment of arthritis and related disorders of joints, muscles and bones. These specialists are board certified (have passed an exam) in areas such as internal medicine or pediatrics and then complete additional accredited training in the diagnosis and treatment of arthritis. Some physicians may also have passed another specialty exam in rheumatology and be board certified in rheumatology or pediatric rheumatology.

Many other types of physicians can diagnose and treat arthritis. These include physicians that are board certified in family practice, internal medicine, physical medicine and rehabilitation, pediatrics and orthopedic surgery.

As a public service, the Arthritis Foundation makes a referral list available to aid persons who wish to seek the assistance of a doctor specializing in the diagnosis and treatment of arthritis. This list includes only rheumatologists that have attested that they are licensed physicians under Vermont state law and meet at least one of the following criteria:

### **1. Board certified in rheumatology**

Board certified specialists in rheumatology have completed training in an accredited training program for rheumatology and passed a special exam.

### **2. Completed an accredited training program in rheumatology**

Physicians who have completed training programs in rheumatology accredited by certain professional groups.

### **3. Completed training before certification**

Some physicians completed training in rheumatology before certification was available. Physicians in this category have at least five years of experience in rheumatology. Rheumatologists must be licensed by the Vermont Board of Medical Practice. If you have any questions about a rheumatologist's credentials, please call the medical practice board at (802) 657-4220 or toll-free from within Vermont 1-800-745-7371.

## **Acupuncturists**

Acupuncture is an ancient Chinese practice used primarily for pain relief. It is believed that stimulating certain points causes the body's nervous system to release natural pain-killing endorphins and other neurotransmitters that change the experience of pain. The most common way to achieve this stimulation is through the insertion of very fine needles into the skin at those various points. People with arthritis may find it helpful to see an acupuncturist for pain relief.

In the state of Vermont, acupuncturists must either hold a license in acupuncture or be a licensed physician. If you have any questions about an acupuncturists' licensure, you may contact:

Ms. Peggy Atkins, Staff Assistant  
Office of Professional Regulation  
109 State Street  
Montpelier, VT 05609  
(802) 828-2373

## **Chiropractors**

Chiropractic is the third largest health profession in the United States. Doctors of Chiropractic are licensed physicians in the state of Vermont and primarily treat neuromusculoskeletal conditions; including back, neck, hip, shoulder, leg, and arm pain. Treatments include manual techniques such as chiropractic adjustments, neuromuscular rehabilitation, soft tissue work, therapeutic exercise, and nutritional support.

Chiropractic has been shown to be helpful in relieving the pain and inflammation associated with arthritis. It can also help with improving function and allowing people with arthritis to return to some of their daily activities.

If you decide to try chiropractic treatment, be sure to tell your chiropractor about your arthritis and your primary care physician about your chiropractic treatment.

Providers in your area are listed in this directory. You may also contact the Vermont Chiropractic Association at [www.vtchiro.org](http://www.vtchiro.org) or (802) 651-0777. Chiropractors are required to hold a license. If you have any questions about a chiropractor's licensure, please contact the Vermont Chiropractic Board at (802) 828-2390, or e-mail Diane Lafaille at [dlafaille@sec.state.vt.us](mailto:dlafaille@sec.state.vt.us).

## Dentists

Dentists are licensed practitioners who work to diagnose, treat, and prevent diseases of the teeth, gums, and related structures of the mouth. They also replace or repair defective teeth, and create and insert replacement teeth.

People with arthritis need to talk to their dentists if their arthritis affects their daily oral hygiene. This is especially true for people with Rheumatoid Arthritis who have a greater risk of developing periodontal disease.

If a person with Arthritis notices any continuing symptoms such as:

- gums that bleed easily, or are red or swollen;
- radiating pain in the face neck or shoulder;
- painful clicking of the jaw;
- limited amount of movement of the jaw and/or locking of the jaw;
- a change in the way the upper and lower teeth fit together;
- a persisting dry mouth; and/or
- swollen salivary glands;

they may indicate the presence of a more serious condition and a dentist should be consulted as soon as possible.

## Massage Therapists

Massage therapists are persons trained in the manipulation of the soft tissues of the body for therapeutic or healing purposes. Those living with Arthritis may find it helpful to visit a massage therapist for pain relief, to improve range of motion and/or ease of muscle tension.

The American Massage Therapy Association (AMTA) can help you locate a certified massage therapist, in your area. By calling, 1-800-THE-AMTA (843-2682) <http://www.amtamassage.org/findamassage/northeast.html>



# Mental Health Practitioners

Physical difficulties that result from arthritis can have a definite impact on the mental and emotional health of any person with arthritis. Pain, frustration, and even medications can trigger feelings of depression, fear and fatigue and impact interpersonal relationships and emotional health.

Mental health practitioners can provide support for people with arthritis as they work through these feelings. Also, some mental health practitioners specialize in pain management and can help a person with arthritis cope with the physical side of their disease.

Licensed Clinical Social Workers, Psychotherapists, Clinical Mental Health Counselors, and Marriage and Family Therapists are regulated by Diane Lafaille. Pastoral Psychotherapists, are exempt from regulation, unless they charge a fee. and Marriage and Family Therapists are required to be licensed by the Allied Mental Health Practitioner's Board. Psychologists are regulated by Peggy. Psychiatrists must be licensed by the Board of Behavioral Science Examiners. If you have any questions about a mental health practitioner's credentials, please contact:

The Vermont Office of Professional Regulation  
Board of Allied Mental Health Practitioners  
Office of the Secretary of State  
Redstone Bldg.  
26 Terrace Street, Drawer 09  
Montpelier, VT 05609  
You may also e-mail Diane Lafaille at [dlafaill@sec.state.vt.us](mailto:dlafaill@sec.state.vt.us)  
or call (802) 828-2390

# Naturopathic Physicians

Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care.

Naturopathic medicine concentrates on whole-patient-wellness with the medicine tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment. Naturopathic physicians cooperate with all other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate.

# Occupational Therapists

Occupational Therapists (OTs) work to rehabilitate patients that have experienced a physically limiting condition and help them adapt to any permanent changes in their physical ability to manage their daily lives. OTs assist clients compensate for permanent loss of function by teaching them how to reduce strain on joints during normal activities. OTs fit people with splints and other devices to reduce joint stress and identify assistive devices to aid with activities such as dressing, reaching items, etc.

# Orthopedic Physicians

An Orthopedic Physician, or an Orthopaedist, practices medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles, joints, and ligaments. Arthritis patients may find that they need to visit an orthopedic physician when surgery is required to help with their arthritis.

In general, an orthopaedist will perform surgery for arthritis when other methods of treatment have failed to give relief. The physician and patient will choose the type of surgery by taking into account the type of arthritis, its severity, and the patient's physical condition. Surgical procedures include:

- removal of the diseased or damaged joint lining;
- realignment of the joints;
- total joint replacement; and
- fusion of the bone ends of a joint to prevent joint motion and relieve pain.

In persons with severe cases of arthritis, orthopaedic surgery can often provide dramatic pain relief and restore lost joint function. A total joint replacement, for example, can usually enable a person with severe arthritis in the hip or the knee to walk without pain or stiffness.

# Osteopathic Physicians

Osteopathic physicians (DOs) are licensed to perform surgery and write prescriptions, much like an allopathic medical doctor (MD). But the principles behind osteopathic medicine are very different from those upon which an MD is trained. Osteopaths focus on the musculoskeletal system and work to correct structural problems in order to make the body better able to heal itself. This

expertise in the musculoskeletal system may be especially helpful to someone with arthritis. A visit to an osteopath will likely include being checked for flexibility and muscle strength and may involve osteopathic manipulation of your spine or joints, massage and stretching to ease pain and help to improve function.

Many osteopaths practice in a manner similar to MDs and do not offer many unconventional therapies (such as joint manipulation). When locating an osteopath, it is best to inquire as to the kinds of treatments the doctor uses.

If you will be having manipulation performed on your joints, please be certain to make your osteopath aware of your arthritis, especially if you are experiencing an increase in symptoms.

Osteopaths are required to be licensed by Vermont's Board of Medicine. If you have questions about your osteopath's credentials, please contact:

The Vermont Board of Medicine  
[medicalboard@vdh.state.vt.us](mailto:medicalboard@vdh.state.vt.us)  
or call (802) 657-4220  
or toll free, 800-745-7371 (from within Vermont)  
or send written requests to:  
Vermont Board of Medical Practice  
P.O. Box 70  
Burlington, VT 05402-0070

Note: Verifications of Vermont licenses and certifications are available upon request for the statutory fee of \$20 each. Checks may be made out to the Vermont Board of Medical Practice and sent, with requests, to the above address. No special form is necessary.

A list of osteopathic providers in your region has been included in this guide. For the name of other osteopaths, please contact the Vermont State Association of Osteopathic Physicians and Surgeons at (802) 229-9418 or (800) 454-9663 or e-mail [nocdoc@comcast.net](mailto:nocdoc@comcast.net).

## Physical Therapists

Physical Therapists (PT's) diagnose and manage movement dysfunction and enhance physical and functional abilities; restore, maintain and promote not only optimal physical function but optimal wellness and fitness and optimal quality of life as it relates to movement and health; prevent the onset, symptoms and progression of impairments, functional limitations and disabilities that may result from diseases, disorders, conditions or injuries.

Physical and occupational therapists must be licensed by the State of Vermont. If you have any questions about your therapist's credentials, please contact Loris Rollins at [lrrollins@sec.state.vt.us](mailto:lrrollins@sec.state.vt.us) or call (802) 828-2191.

## Primary Care Physicians

For individuals with arthritis, primary health care is especially important. Primary care physicians help individuals with arthritis take a preventative approach to their arthritis while treating the disease with medication. In addition, without a primary care physician, it is difficult to access specialists such as rheumatologists, physical and occupational therapists and, in some cases, mental health practitioners.

## Dartmouth Hitchcock Medical Center

Many Vermont residents travel to Dartmouth Hitchcock Medical Center (DHMC) in Lebanon, New Hampshire for medical services. DHMC is a leading area academic medical center and is a major provider of medical services for residents of central and southern Vermont. A full spectrum of hospital and outpatient general and specialty services are available. Please contact DHMC directly to find out specific information about services and providers. Vermont listings for members of the Dartmouth Hitchcock Medical Alliance, a group of affiliated New Hampshire and Vermont hospitals and outpatient clinics, are listed below. Vermont Medicaid is accepted at DHMC and its alliance sites.

### Vermont Dartmouth-Hitchcock Alliance Members

#### Statewide centers

Dartmouth Hitchcock Medical Center  
Mary Hitchcock Memorial Hospital  
One Medical Center Drive  
Lebanon, NH 03756  
603-650-5000  
<http://www.dhmc.org/>

Central Vermont Medical Center, Inc  
130 Fisher Road, P. O. Box 547  
Barre, VT 05641  
802-371-4100

Mt. Ascutney Hospital & Health Center  
289 County Road  
Windsor, VT 05089  
802-674-6711

Northeastern Vermont Regional Hospital  
1315 Hospital Drive, P.O. Box 905  
St. Johnsbury, VT 05819-9210  
802-748-8141

Visiting Nurse Alliance of Vermont and New Hampshire 46 South Main Street, Suite 1 White River Junction, VT 05001 802-295-2604	
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## **Community Health Centers (CHCs)**

Community health centers (CHCs) are private, nonprofit organizations that provide high quality, low cost comprehensive primary health care services in communities throughout Vermont. Their mission is to provide preventative and primary health care services, regardless of the individual's ability to pay.

In addition, CHCs provide a host of support services, including transportation, translation, case management, outreach, and financial eligibility assistance. Your local community health center can provide you with information about additional programs for which you may be eligible including Medicaid and prescription assistance programs.

CHCs generally operate on a sliding fee scale based on income. Please call your local CHC for information about available services and medical consultations.

## **Rural Health Centers (RHCs)**

Rural Health Clinics are certified by the federal government to receive special Medicare and Medicaid reimbursement. The purpose of the RHC program is to improve access to primary care in areas that have been designated as rural by the Bureau of the Census and medically underserved within the last three years by the Secretary of the US Department of Health and Human Services.

Rural Health Clinics are not required to provide services to uninsured and indigent patients. They are required to use a team approach of physicians and mid-level practitioners including nurse practitioners, physician assistants and certified nurse midwives for 50% of the time the clinic is open. Rural Health Clinics may also provide other health care services, such as mental health or vision services.

# Community and Rural Health Centers

## Chittenden County

### Burlington

#### Community Health Center of Burlington

617 Riverside Avenue  
Burlington, VT 05401  
802-864-6309

#### Safe Harbor Clinic

Community Health Center of Burlington  
184 South Winooski Avenue  
Burlington, VT 05401  
802-860-4310

#### Spectrum Adolescent Services

Community Health Center of Burlington  
177 Pearl Street  
Burlington, VT 05401  
802-652-1080

## Franklin County

### Enosburg

#### Enosburg Health Center

Northern Tier Center for Health  
44 Center Street  
Enosburg, VT 05450  
802-933-5831

### Richford

#### Richford Health Center

Northern Tier Center for Health  
53 Main Street  
Richford, VT 05476  
802-848-3829

### Swanton

#### Swanton Health Center

Northern Tier Center for Health  
45 Church Street  
Swanton, VT 05488  
802-8686-2454

<b>Grand Isle County</b>	
<b>Alburg</b>	
<b>Alburg Health Center</b> Northern Tier Center for Health Industrial Park Road Alburg, VT 05440 802-796-4414	
<b>Caledonia County</b>	
<b>Danville</b>	
<b>Danville Health Center</b> Northern Counties Health Care, Inc. Danville-Peacham Road Danville, VT 05828 802-684-2275	
<b>Hardwick</b>	
<b>Hardwick Health Center</b> Northern Counties Health Care, Inc. 6 High Street Hardwick, VT 05843 802-472-3300	<b>Northern Counties Dental Center</b> Northern Counties Health Care, Inc. 296 Main Street Hardwick, VT 05819 802-748-5174
<b>St. Johnsbury</b>	
<b>Caledonia Internal Medicine</b> Northern Counties Health Care, Inc. 56 Church Street St. Johnsbury, VT 05819 802-748-5174	<b>St. Johnsbury Family Health Center</b> Northern Counties Health Care, Inc. 222 Summer Street St. Johnsbury, VT 05819 802-748-5041
<b>Three Rivers Community Counseling Services</b> Northern Counties Health Care, Inc. 1091 Hospital Drive St. Johnsbury, VT 05819 802-748-6580	

<b>Essex County</b>	
<b>Concord</b>	
<b>Concord Health Center</b> Northern Counties Health Care, Inc. 201 E. Main Street Concord, VT 05824 802-695-2512	
<b>Island Pond</b>	
<b>Island Pond Health Center and Dental</b> Northern Counties Health Care, Inc. 82 Maple Street Island Pond, VT 05856 802-723-4300	
<b>Orleans County</b>	
<b>Newport</b>	
<b>Newport Pediatrics</b> 121 Medical Village Drive Newport, VT 05855 802-334-5929	
<b>Orange County</b>	
<b>Corinth</b>	
<b>Valley Health Center</b> 720 Village Road Cornith, VT 05040 802-439-5321	
<b>Washington County</b>	
<b>Plainfield</b>	
<b>The Health Center</b> 157 Towne Avenue Plainfield, VT 05667 802-454-8336	



<b>Rutland County</b>	
<b>Wells</b>	
<b>Wells River Clinic, Inc.</b> 65 Main Street Wells River, VT 05081 802-757-2325	
<b>Bennington County</b>	
<b>Manchester</b>	
<b>Northshire Medical Center</b> Southwestern Vermont Health Care Rte 7A North Manchester Center, VT 05255 802-362-4440	
<b>Bennington</b>	
<b>Southwestern VT Health Care</b> 100 Hospital Drive Bennington, VT 05201 802-447-5656	
<b>Windham County</b>	
<b>Wilmington</b>	
<b>Deerfield Valley Health Care</b> Southwestern Vermont Health Care 30 Route 100 South Wilmington, VT 05363 802-464-5311	

## Free Clinics

Free clinics that belong to the Vermont Coalition of Clinics for Uninsured (VCCU) provide health care for Vermonters who earn too much to qualify for the Vermont Health Access Plan (VHAP), but not enough to afford private health insurance, and

without jobs that do provide health insurance as a benefit. Free clinics rely on volunteer clinicians and community members, charitable donations and the support of local community hospitals. While Free Clinics can provide comprehensive care, it is not, unfortunately, comparable to the care available to those with health insurance and does not provide portability for people when they travel and need healthcare outside of their own communities.

Free Clinics provide assistance with enrollment in Medicaid and Medicaid extension programs, referral to social services, and free pharmaceuticals as available. The following clinics are members of the Vermont Coalition of Clinics for the Uninsured.

## Free Clinics

<b>Chittenden County</b>	
<b>Colchester</b>	
<b>Health Access Program at FAHC</b> 790 College Parkway Colchester, VT 05446 802-847-6985	
<b>Orange County</b>	
<b>Randolph</b>	
<b>Neighborhood Health Connections</b> 5 Maple Street Randolph, VT 05060 802-728-2323	
<b>Washington County</b>	
<b>Barre</b>	
<b>People's Health &amp; Wellness Clinic</b> 553 No. Main Street Barre, VT 05641 802-479-1229	

<b>Addison County</b>	
<b>Bristol</b>	
<b>Open Door Clinic</b> 6 South Street Bristol, VT 05443 802-388-0137	
<b>Middlebury</b>	
<b>Open Door Clinic</b> 99 Court Street Middlebury, VT 05753 802-388-0137	
<b>Rutland County</b>	
<b>Rutland</b>	
<b>Park Street HealthShares</b> 88 Park Street Rutland, VT 05701 802-775-1360	
<b>Windsor County</b>	
<b>Springfield</b>	
<b>Precision Valley Free Clinic</b> 268 River Street Springfield, VT 05156 802-295-7573	
<b>White River Junction</b>	
<b>Good Neighbor Health Clinic</b> 745 Hartford Avenue White River Junction, VT 05001 802-295-1868	
<b>Windsor</b>	
<b>Windsor Community Health Care</b> Mt.Ascutney Hospital, 289 Country Road. Windsor, VT 05089 802-674-7213	

## Windham County

### Brattleboro

#### Brattleboro Walk-in Clinic

23 Belmont Avenue  
Brattleboro, VT 05301  
802-257-6536

### Putney

#### Putney Walk-In Clinic

Dr. Hoskins Office, Main Street  
Putney, VT 05343  
802-387-2120

## *Hospital-Based Community Education and Wellness Programs*

Almost every hospital has a community education or outreach program that provides resources, wellness classes and educational opportunities to members of the surrounding community.

Programs can vary greatly between hospitals. Some have a very extensive calendar of opportunities or their own wellness centers that offer some of the therapies mentioned earlier in this guide. Others have more limited offerings and refer clients to programs in the existing community rather than providing the services themselves. Either way, your local hospital is a great place to find out about further health-related opportunities that exist in your area.

## Hospital Community Outreach Programs

### Statewide

Marko Russell, RN  
Central VT Medical Ctr.  
P O Box 547  
Barre, VT 05641  
(802)229-9121

Kimberly Turner, Wellness Coordinator  
Southwestern VT Medical Ctr.  
100 Hospital Drive East  
Bennington, VT 05201  
(802)442-6361

<p>EJ Roberts, Coordinator Brattleboro Memorial Hospital Belmont Avenue Brattleboro, VT 05301 (802)257-8325 / (802)257-0341</p>	<p>Heidi Sulis, Coordinator Porter Medical Center South Street Middlebury, VT 05753 (802)388-4739 / (802)388-4701</p>
<p>Linda Shaw, Outreach Coordinator Copley Hospital Washington Highway Morrisville, VT 05661 (802)888-8369 / (802)888-4231</p>	<p>Sue Alward, Director of Wellness Center North Country Hospital Prouty Drive Newport, VT 05855 (802)334-7331</p>
<p>Michelle Graci, Community Outreach Manager Gifford Medical Center P O Box 2000 Randolph, VT 05060 (802)728-2472 / (802)728-4441</p>	<p>Susan Lebel, RN Rutland Regional Medical Ctr. 160 Allen Street Rutland, VT 05701 (802)747-3771 / (802)747-1600</p>
<p>Peg Young, RN Rutland Regional Medical Ctr. 160 Allen Street Rutland, VT 05701 (802)747-3768 / (802)747-1600</p>	<p>Janet Laraway, HR Director Springfield Hospital 25 Ridgewood Road Springfield, VT 05156 (802)885-2151</p>
<p>Pamela Cross, RN, Wellness Coordinator Northwestern Medical Ctr. Box 1370 St. Albans, VT 05478 (802)524-1227 / (802)524-5911</p>	<p>Laurel Ruggles, Director, Community Outreach &amp; Wellness Northeastern VT Regional Box 67 St. Johnsbury, VT 05819 (802)748-8141</p>
<p>Catherine Hazlett, Director, Health Unlimited Mt. Ascutney County Road Windsor, VT 05089 (802)674-2147 / (802)674-6711</p>	

# Resources for Physical Activity

Moderate physical activity can be beneficial for people with arthritis. Low-impact aerobic exercises such as walking or swimming and even strength training have been proven to have a positive effect on chronic pain, fatigue, sleep disruption and depression.

For many years, it was thought that people with arthritis should not exercise because it would damage their joints. Now, doctors and therapists know that people with arthritis can improve their health and fitness through proper exercise without hurting their joints.

Regular exercise of joints and muscles, achieved through gardening, walking and other activities of daily living, is especially important for people with arthritis because it helps to:

- Keep joints moving
- Keep muscles around joints strong
- Keep bone and cartilage tissue strong and healthy
- Improve the ability to do everyday activities
- Improve overall health and fitness

Exercise does not have to be strenuous. National guidelines for people with arthritis recommend exercising three days a week for at least 20 mins. The Arthritis Foundation recommends walking, water exercise, and bicycling as forms of low-impact exercise. Walking is the simplest form of exercise. It is low-impact, requires no special skills and is inexpensive. You can walk almost anywhere anytime. A good pair of supportive walking shoes is recommended.

To avoid pain after strenuous exercise: wear supportive shoes and comfortable clothing; move at a pace that is comfortable; do not attempt to do too much at once; and, always cool down after exercising.

This section contains information about exercise and wellness programs as well as a listing of gym and fitness facilities in Vermont. Some people prefer to exercise in groups and find the peer support offered by their “wellness team” to be helpful. Others prefer the variety of offerings their health club has to offer or like the structure that enrolling in a program offers to their schedule. Many people prefer to exercise alone, on their own time doing activities they enjoy such as walking, biking, or gardening. Exercise does not have to be structured. What is most important is incorporating some form of physical activity into your daily routine.

You may know of other resources in your community that offer opportunities for physical activity. We have included a list of settings and activities here to help you get started finding resources for physical activity in your community.

- Check with your local hospital, town or city recreation department, wellness center, community center or senior center about the availability of fitness classes or group exercise programs (such as walking programs, aquatic programs, yoga or tai chi).
- Explore your park and recreation areas for walking trails. Many conservation areas offer walking trails in beautiful natural settings.
- Local bike trails, need more info
- Many malls offer mall-walking programs. Check with your local mall or your local hospital about the availability of these programs.
- Large fitness centers may have an indoor track that can be used for walking.
- Refer to the Educational Services and Organizations listed in this guide. Many of these organizations can provide you with tips about beginning an individualized exercise program.

Whatever form of exercise you choose, remember that the important thing is to keep your joints moving and your body strong while staying within your limits. A complete exercise program includes range of motion or flexibility exercises, strength training, and endurance or aerobic exercise (low or non-impact).

**Before beginning any exercise program, it is recommended that you seek the advice of your physician.**

Health clubs are required to register with the state Attorney General's office. If you have concerns or complaints about the health facility that you are using please contact:

Consumer Assistance Program  
104 Morrill Hall-UVM  
Burlington, VT 05405  
Phone: (802) 656-3183  
(800) 649-2424 (toll-free in Vermont only)  
FAX: (802) 656-1423  
Email: [consumer@uvm.edu](mailto:consumer@uvm.edu)

Note: The Consumer Assistance Program (CAP) is the complaint-handling branch of the Attorney General's Consumer Protection Division. This is the program to contact if you have a problem with your exercise facility. CAP can also provide you with information about your rights, options and responsibilities as a consumer and about the complaint histories of a business.

## ***Arthritis Foundation Aquatic Program***

The Arthritis Foundation Aquatic Program is a series of gentle recreational activities held at warm water pools. The program is designed to help relieve pain and stiffness caused by arthritis while providing a fun, social opportunity. It is open to anyone with arthritis. It is not necessary to know how to swim. Trained personnel conduct the sessions. Program fees and schedules vary and are set by each host facility. The listing of facilities that provide the Arthritis Foundation Aquatics Program are included within this directory. See your county's or regional listing for the program nearest you.

## ***Arthritis Foundation Self-Help Program***

Arthritis Foundation Self-Help Program, a self-management program developed at Stanford University, is a group education program designed to complement the services provided by your health care team. It is taught over six sessions that lasts for two hours per session. The Arthritis Foundation Self-Help Program helps build the knowledge, skills and confidence needed to take a more active part in managing arthritis.

All class participants receive a copy of the *Arthritis Helpbook* and other resource materials. A nominal fee is usually charged to cover program expenses. Anyone with any type of arthritis or related condition can attend the course. A spouse, other family member or friend may accompany the person who registers for the course. For more information please contact the Arthritis foundation to find a course near you.

## ***Arthritis Foundation Exercise Program***

The Arthritis Foundation Exercise Program is a recreational exercise program designed specifically for people with arthritis. It uses gentle activities to help increase joint flexibility, range of motion and maintain muscle strength. Classes are conducted by trained instructors and are usually held several times per week. The Arthritis Foundation Exercise Program is also available on videotape and can be purchased from the Arthritis Foundation.

For additional information about these programs,  
please contact:

Arthritis Foundation  
Northern and Southern New England Chapter  
6 Chenell Drive, Suite 260  
Concord, NH 03301  
1-800-639-2113 (toll free)  
1-603-224-3778 (fax)  
Email: [info.nne@arthritis.org](mailto:info.nne@arthritis.org)



## ***Tufts Strong Living Program (SLP)***

The SLP is a community-based strength and weight training exercise program for adults 55 and older. This twelve-week program is designed for injury prevention, better bone health and increased function and activity in older adults. It includes a progressive series of strength building exercises for all major muscle groups as well as balance exercises for coordination and fall prevention. The program is led by certified leaders who have completed the standardized SLP leader training.

For additional information contact:  
Suzanne Kelley, Program Coordinator  
Vermont State Health Department  
108 Cherry Street  
Burlington, VT 05402  
(802) 651-1869

## ***Health Clubs and Fitness Centers***

Gyms or fitness centers offer the advantage of a wide variety of equipment and trained staff to help you develop your fitness program. In addition, many clubs offer group classes in yoga, aquatic exercises and low-impact aerobics.

Along with medication, rest and other parts of your treatment program, regular exercise can help to keep your joints in working order. Not exercising increases the likelihood that your joints will become even more stiff and painful. Joints that are not regularly exercised may experience a loss of flexibility and have a difficult time straightening and bending.

The locations listed here represent a variety of health clubs and fitness centers in Vermont. Each one offers something different. Some clubs have many offerings. Others primarily focus on weight or strength training. Most of these clubs and fitness centers will provide a personal trainer to help you set up a personalized fitness program. A few martial arts studios may offer classes in yoga, tai chi and other disciplines that focus on strengthening muscles and improving balance to relieve stress on joints and increase circulation.

Fitness centers are listed by region, county, and town.

# Osteoporosis

Osteoporosis, like arthritis, is a condition that affects the musculoskeletal system. It is characterized by low bone mass, and the deterioration of the bone tissue making those affected more susceptible to bone fractures. It affects 10 million Americans a year, with 18 million more persons having low bone mass, a major risk factor for the bone disease. Increasing numbers of Americans will be at risk for this disease, unless changes are made in our population's diet and lifestyle.

Osteoporosis is thought to be largely preventable, due to advances in diagnosis and treatment. Those with low bone mass and osteoporosis, with the help of their doctors, can be screened and the disease treated. It is important to get bone density screening tests done. The earlier osteoporosis is detected the sooner it can be treated. Although all hospitals in Vermont have the capability to measure bone density, the following centers have specialized ISCD (International Society for Clinical Densitometry) certified clinical densitometrists (CCD) and densitometry technologists (CDT). This certification provides assurance that high quality scans are being performed.

Bennington, Vermont (Southwestern Vermont Medical Center)

**David M. Gorson, M.D., CCD**

Southwestern Vermont Medical Center

140 Hospital Drive, Suite 301

Bennington, VT 05201-5018

(802) 442-3022

**Arlie M. Welch, RT, CDT**

Burlington, Vermont (Fletcher Allen Health Care)

**Edward S. Leib, M.D., CCD**

**Christine H. Jones, M.D., CCD**

**Rose C. Christian, M.D., CCD**

Osteoporosis Center

Ambulatory Care Center

East Pavillion, Level 5

111 Colchester Avenue

Burlington, VT 05401

(802) 847-8897

**Susan H. Brooks, RT (R), CDT, CT, RDMS**

Londonderry, Vermont (Mountain Valley Medical Center)  
**Delores A. Barbeau, M.D., CCD**  
Mountain Valley Medical Center  
Route 11  
Londonderry, VT 05148  
(802) 824-6901

Morrisville, Vermont (Central Vermont Medical Center)  
Central Vermont Medical Center  
130 Fisher Road  
Berlin, Vermont  
(802) 371-4251  
**Deborah Plante, RT (R) (M)**

Other sources of information that may be useful include:

**Vermont Osteoporosis Taskforce** is responsible for community outreach and education.

Contact Pamela Farnham RN, Community Health Improvement, Fletcher Allen Health Care, Burlington, Vermont (802) 847-2394 or [Pam.Farnham@vtmednet.org](mailto:Pam.Farnham@vtmednet.org)

**Strong Living Program**. (*Strength and Weight Training Exercise Program for adults 55 and older*) Contact Suzanne Kelley, Program Coordinator, Vermont State Health Department, Burlington, Vermont, (802) 651-1869, or [Skelley@vdh.state.vt.us](mailto:Skelley@vdh.state.vt.us), for more information about program locations, leaders and contact phone numbers.

**Bones For Life** (*Exercise Program Focused on Strengthening Bone for all ages*) Burlington area classes. For a brochure, information & to register contact Mischul Brownstone, (802)425-3355 or [mischul@accessvt.com](mailto:mischul@accessvt.com)

**The Osteoporosis Center** Contact Augusta Wilson, R.N., Clinical Research Coordinator, Fletcher Allen Health Care, Burlington, Vermont, (802) 847-8897 or [Augusta.Wilson@vtmednet.org](mailto:Augusta.Wilson@vtmednet.org)

**Community Health Resource Center**, Fletcher Allen Health Care, Burlington, Vermont, (802) 847-8821 or [resourcecenter@vtmednet.org](mailto:resourcecenter@vtmednet.org)

# List of Regions with Counties Included

## Northwest Region

Chittenden

Franklin

Grand Isle

## Northeast Region

Caledonia

Essex

Orleans

## Central Region

Lamoille

Orange

Washington

## Southwest Region

Addison

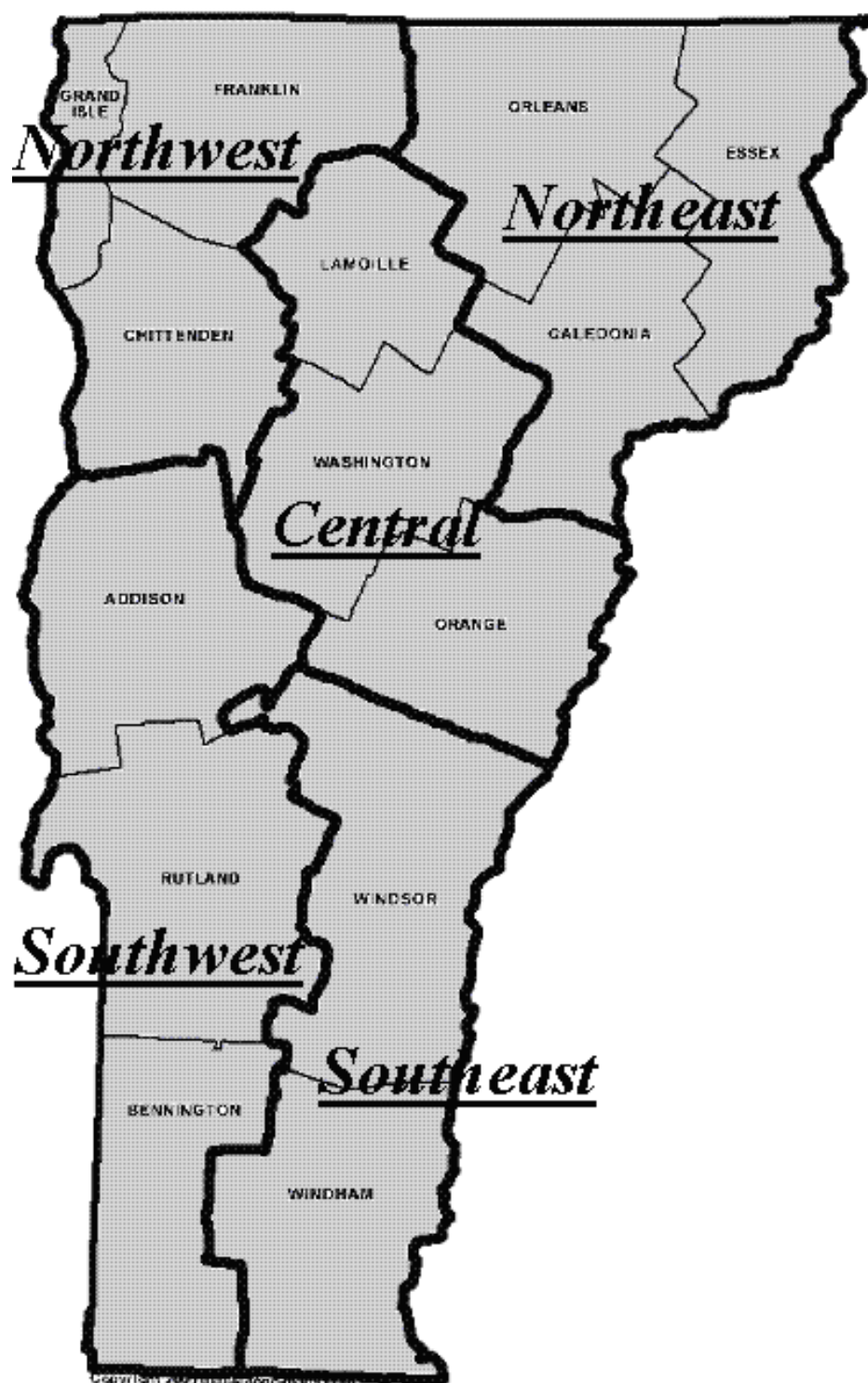
Bennington

Rutland

## Southeast Region

Windham

Windsor



# Northwest Region

The following towns are included in the Northwest region.

## **Chittenden County**

Bolton	Milton
Buels Gore	Richmond
Burlington	St. George
Charlotte	Shelburne
Colchester	South Burlington
Essex Junction	Underhill
Hinesburg	Westford
Huntington	Williston
Jericho	Winooski

## **Franklin County**

Bakersfield	Georgia
Berkshire	Highgate
Enosburg	Montgomery
Fairfax	Richford
Fairfield	St. Albans
Fletcher	Sheldon
Franklin	Swanton

## **Grand Isle County**

Alburg	North Hero
Grand Isle	South Hero
Isle la Motte	

# Northwest Region

Chittenden County	
Acupuncturists	
<b>Burlington</b>	
Stewart Cohen, LAc 6 Orchard Terrace Burlington, VT 05401 (802) 863-9930	Elizabeth Fukushima, LAc 257 So Champlain Street Burlington, VT 05401 (802) 651-9388
<b>Health Resolutions</b> Molly Fleming, LAc, ND 41 Main Street Burlington, VT 05401 (802) 863-7099	Kelly Kaeding, LAc 6 Orchard Terrace Burlington, VT 05401 (802) 865-0068
Helene Langevin, LAc 42 Summit Street Burlington, VT 05401 (802) 865-3156	Barbara Moylan, LAc 186 Pine Street #2 Burlington, VT 05401 (802) 864-3007
<b>On Track</b> KiKi Colgan, LAc 1 Main Street Burlington, VT 05401 (802) 865-2226	Rebecca Padnos, LAc 21 LaFountain Street Burlington, VT 05401 (802) 864-0214
Kimberly Paquette, LAc 19 School Street Apt 1 Burlington, VT 05401 (802) 264-9468	
<b>Charlotte</b>	
Megan Godfrey, LAc 543 Ten Stones Circle Charlotte, VT 05445 (802) 425-6171	Charles Murdock, LAc 564 Garen Road Charlotte, VT 05445 (802) 865-2877

**Colchester**

Paul Hayes, LAc  
PO Box 60  
Colchester, VT 05446  
(802) 878-2191

**Essex Junction**

Arthur Makaris, LAc  
167 Pearl Street  
Essex Junction, VT 05452  
(802) 879-7999

Ann Ramsay, LAc  
93 Lost Nation Road  
Essex Junction, VT 05452  
(802) 878-5015

**Shelburne**

Elizabeth Scheuerman, LAc  
10 Marsett Road Suite 4  
Shelburne, VT 05482  
(802) 985-0718

**South Burlington**

**Acupuncture Vermont**  
Robert Davis, MS, LAc  
Merry Moses, MS, LAc  
Bonnie Povolny, MS, LAc  
39 Timber Lane  
South Burlington, VT 05403  
(802) 862-8880

Debra Heintz, LAc  
604 Brand Farm Drive  
South Burlington, VT 05403  
(802) 658-4180

Dianne Mallik, LAc  
204A Patchen Road  
South Burlington, VT 05403  
(802) 864-9344

**Williston**

Judy Charles, LAc  
25 Morgan Pkwy  
Williston, VT 05495  
(802) 879-0945



## **Winooski**

Jeanette Moy, LAc  
321 Main Street Suite D  
Winooski, VT 05404  
(802) 363-4545

**Vermont Naturopathic Clinic**  
Sam Russo, ND, MSAc  
321 Main Street Suite C  
Winooski, VT 05404  
(802) 859-0000

## **Chiropractors**

### **Burlington**

Kirsten Alexander, DC  
187 Saint Paul Street  
Burlington, VT 05401  
(802) 658-5040

**Associates in Chiropractic & Kinesiology**  
Mark Bradley, DC  
Charles McLean, DC  
507 Shelburne Road  
Burlington, VT 05401  
(802) 864-5150

**Back North Chiropractic Care**  
Daniel Weber, DC  
1127 North Av  
Burlington, VT 05401  
(802) 652-0015

**Back To Wellness Chiropractic Center**  
187 Saint Paul Street  
Burlington, VT 05401  
(802) 864-4959

Hilde Betts, DC  
58 Locust Street  
Burlington, VT 05401  
(802) 864-0019

**Cedar Wood Chiropractic**  
Suzanne Harris, DC  
Michelle Sabourin, DC  
3 Main Street Suite 217  
Burlington, VT 05401  
(802) 863-5828

**Chiropractic Works**  
Francis Smith, DC  
48 Colchester Avenue  
Burlington, VT 05401  
(802) 864-5000

Heather Diederich, DC  
187 Saint Paul Street  
Burlington, VT 05401  
(802) 864-4959

Colleen Finn, DC  
444 South Union Street  
Burlington, VT 05401  
(802) 862-6488

Nancy Gile, DC  
168 Battery Street  
Burlington, VT 05401  
(802) 862-8806

<b>Helpful Healing Chiropractic</b> Spencer Sherman, DC 200 Main Street, #17 Burlington, VT 05401 (802) 862-2477	Eric Larson, DC 431 Pine Street Burlington, VT 05401 (802) 951-5700
<b>Mansfield Family Chiropractic</b> 187 Saint Paul Street Burlington, VT 05401 (802) 658-5040	<b>Pathways To Well Being</b> 168 Battery Street Burlington, VT 05401 (802) 862-8806
Laura Ramirez, DC 444 South Union Street Burlington, VT 05401 (802) 862-6488	<b>Waterfront Chiropractic PC</b> 168 Battery Street Burlington, VT 05401 (802) 862-8806
<b>Colchester</b>	
<b>Center for Alternative Medicine</b> 500 Heineberg Drive Colchester, VT 05446 (802) 865-2255	<b>Champlain Chiropractic Services</b> Paul Hayes, DC, LAc RR 7 Colchester, VT 05446 (802) 878-2191
<b>Family First Chiropractic</b> 85 Prim Road Suite 401 Colchester, VT 05446 (802) 860-0382	<b>Mahoney Family Chiropractic</b> 19 Roosevelt Highway Suite 100 Colchester, VT 05446 (802) 655-2664
<b>Malletts Bay Chiropractic</b> 500 Heineberg Colchester, VT 05446 (802) 865-2255	
<b>Essex Junction</b>	
Thomas Busby, DC 159 River Road Essex Junction, VT 05452 (802) 879-1144	<b>Compassionate Network Chiropractic</b> Charley Leigh, DC 54 Lincoln Street # B Essex Junction, VT 05452 (802) 878-1630

<b>Essex Chiropractic Center</b> Michael Tveraas, DC 131 Pearl Street Essex Junction, VT 05452 (802) 878-5311	Sweetland Monk, DC 7 Park Terrace Essex Junction, VT 05452 (802) 879-7474
<b>Performance Chiropractic</b> 4 Carmichael Street Unit 108 Essex Junction, VT 05452 (802) 878-4946	
<b>Jericho</b>	
<b>Farrell Chiropractic Center</b> 213 Vermont Route 15 Jericho, VT 05465 (802) 899-9991	<b>Kintner Chiropractic</b> Mary Kintner, DC 397 Vermont Route 15 Jericho, VT 05465 (802) 899-5400
<b>Milton</b>	
<b>Milton Chiropractic Center</b> Francine Tougas, DC 165 Route 7 South Milton, VT 05468 (802) 893-1070	
<b>Shelburne</b>	
<b>Network Chiropractic of Vermont</b> Heather Rice, DC 4076 Shelburne Road Shelburne, VT 05482 (802) 985-8901	<b>Drs Palmer &amp; Jennifer Peet Chiropractic Physicians</b> 2882 Shelburne Road Shelburne, VT 05482 (802) 985-9500
David Pierson, DC 107 Eagles Rest Road Shelburne, VT 05482 (802) 985-5833	<b>Shelburne Chiropractic</b> John Guerriere, DC 3240 Shelburne Road Shelburne, VT 05482 (802) 985-8130
<b>South Burlington</b>	
<b>Center for Chiropractic &amp; Holistic Health</b> 4 San Remo Drive South Burlington, VT 05403 (802) 658-6092	<b>A Family Wellness Center</b> 1480 Williston Road South Burlington, VT 05403 (802) 657-3000

<b>Green Mountain Chiropractic</b> J Hayes Mumma, DC Kathy Mumma, DC 1 Kennedy Drive South Burlington, VT 05403 (802) 865-4714	<b>Integrated Rehabilitation Center</b> 1881 Williston Road South Burlington, VT 05403 (802) 864-4577
<b>Drs. Marko Family Chiropractors</b> Richard Marko, DC Stefanie Marko, DC 2041 Williston Road South Burlington, VT 05403 (802) 863-0334	<b>Sobel Family Chiropractic</b> Steven Sobel, DC 22 Patchen Road South Burlington, VT 05403 (802) 658-4064
<b>Williston</b>	
<b>Back and Neck Care Center</b> Erik Hemmett, DC Vicki Hemmett, DC 5667 Williston Road Williston, VT 05495 (802) 879-1703	<b>McGarry Family Chiropractic</b> 66 Knight Lane Williston, VT 05495 (802) 764-4040
<b>Schenck Chiropractic</b> 25 Bishop Avenue Williston, VT 05495 (802) 878-8330	<b>Williston Center for Chiropractic &amp; Sports Medicine</b> John Bisaccia, DC Marna Bisaccia 802 Industrial Avenue Williston, VT 05495 (802) 863-2272
<b>Winooski</b>	
<b>Onion River Chiropractic</b> Cory Pike, DC Kelly Rybicki, DC 440 Main Street Winooski, VT 05404 (802) 655-0354	

## Dentists

### Burlington

David & Paul Averill, DDS  
239 Pearl Street  
Burlington, VT 05401  
(802) 864-5315

**Barclay & Fersing**  
27 No Willard Street  
Burlington, VT 05401  
(802) 862-8625

**Blanck & Miller**  
66 Colchester Avenue  
Burlington, VT 05401  
(802) 862-8348

**CHC Dental Center**  
617 Riverside Avenue  
Burlington, VT 05401  
(802) 652-1050

**Cryan & Kropf**  
10 Alfred Street  
Burlington, VT 05401  
(802) 863-5552

**Dunkling & Penney**  
Paul Dunkling, DDS  
52 No Prospect Street  
Burlington, VT 05401  
(802) 863-3479

Stephen Feldman, DDS  
258 Pearl Street  
Burlington, VT 05401  
(802) 863-4146

**First Advantage Dental**  
Patrick Paldino, DDS  
789 Pine Street  
Burlington, VT 05401  
(802) 862-1939

Horace Josselyn, DDS  
48 Clarke Street  
Burlington, VT 05401  
(802) 658-4777

Mark Keydel, DDS  
52 Colchester Avenue  
Burlington, VT 05401  
(802) 864-0353

Brad Kline, DDS  
31 No Prospect Street  
Burlington, VT 05401  
(802) 658-2464

**Latelle & St Amand**  
61 So Willard Street  
Burlington, VT 05401  
(802) 863-1315

John & Philip Lavoie, DDS  
273 Pearl Street  
Burlington, VT 05401  
(802) 862-7906

Bentley Merrick, DDS  
247 Pearl Street  
Burlington, VT 05401  
(802) 864-3827

## Colchester

Anna Bolanis, DDS  
760 W Lakeshore Drive #1  
Colchester, VT 05446  
(802) 862-9282

**Colchester Family Dentistry**  
30 So Park Drive Suite 300  
Colchester, VT 05446  
(802) 655-5358

John Cross, DDS  
97 Blakley Road Suite 104  
Colchester, VT 05446  
(802) 862-8266

John Liscio, DDS  
369 Heineberg Drive  
Colchester, VT 05446  
(802) 658-4873

William Mooney, DMD  
416 Roosevelt Highway  
Colchester, VT 05446  
(802) 655-4614

## Essex Junction

**Alder Brook Dental Associates**  
John W. Summerville DMD  
South S. Sigler DDS  
8 Essex Way  
Essex Junction, VT 05452  
(802) 879-1233

Richard Bellino, DDS  
48 Main Street  
Essex Junction, VT 05452  
(802) 878-4664

**Essex Family Dental**  
11 Market Pl  
Essex Junction, VT 05452  
(802) 878-5591

Paul Kenworthy, DMD  
4 Kellogg Road  
Essex Junction, VT 05452  
(802) 879-5151

Edward Pantzar, DDS  
49 Pearl Street  
Essex Junction, VT 05452  
(802) 878-4631

James Schecter, DDS  
68 Maple Street  
Essex Junction, VT 05452  
(802) 878-4869

**Thomas & Vaez**  
173 West Street  
Essex Junction, VT 05452  
(802) 879-7811

## Hinesburg

Bruce Metz, DDS  
82 Ballards Corner Road  
Hinesburg, VT 05461  
(802) 482-3155

<b>Jericho</b>	
<b>Dunkling, Horan &amp; Penney</b> 22 Raceway Road Jericho, VT 05465 (802) 899-3973	
<b>Milton</b>	
Gordon Gennrich, DDS 787 Ethan Allen Highway Milton, VT 05468 (802) 893-1600	<b>Milton Family Dentistry</b> 157 River Road Milton, VT 05468 (802) 893-4734
<b>Richmond</b>	
Howard Novak, DDS 72 Bridge Street Richmond, VT 05477 (802) 434-3700	
<b>Shelburne</b>	
<b>Grimes &amp; Melo</b> PO Box 862 Shelburne, VT 05482 (802) 985-3500	Janet Thomason, DDS 41 Falls Road Shelburne, VT 05482 (802) 985-9700
<b>South Burlington</b>	
<b>All Seasons Dental Care</b> Bettina Laidley, DMD 165 Dorset Street South Burlington, VT 05403 (802) 860-3368	Wendy Everhart, DDS 1 Kennedy Drive South Burlington, VT 05403 (802) 862-6562
<b>Hibbs &amp; Sperry</b> 1362 Williston Road South Burlington, VT 05403 (802) 862-0927	Audra Pinto, DDS 1 Kennedy Drive South Burlington, VT 05403 (802) 862-6562
Stephen Pitmon, DDS 54 W Twin Oakes Terrace #15 South Burlington, VT 05403 (802) 862-5052	Julie Spaniel, DDS 1 Kennedy Drive South Burlington, VT 05403 (802) 864-1890

<b>Timberlane Dental Group</b> 60 Timberlane South Burlington, VT 05403 (802) 864-6881	John Wolff, DDS 1683 Williston Road South Burlington, VT 05403 (802) 864-9111
Michael Ziegler, DDS 1340 Williston Road South Burlington, VT 05403 (802) 863-0505	
<b>Williston</b>	
Carmen Alcala, DMD 300 Cornerstone Drive Suite 215 Williston, VT 05495 (802) 878-7775	<b>Contemporary Dentalcare P.C.</b> Lauren Shanard, DDS 75 Talcott Road Suite 60 Williston, VT 05495 (802) 878-9888
<b>Latelle &amp; St Amand</b> Taft Corners Williston, VT 05495 (802) 878-1170	
<b>Winooski</b>	
<b>VT Dental Care</b> 1 Main Street Winooski, VT 05404 (802) 655-2385	
<b>Family Practice</b>	
<b>Burlington</b>	
<b>Burlington Primary Care</b> Stephanie Bellomo, MD Cynthia Haselton, MD 789 Pine Street Burlington, VT 05401 (802) 864-0693	<b>Community Health Center of Burlington Inc</b> 617 Riverside Avenue Burlington, VT 05401 (802) 864-6309
<b>UHC</b> Peter Bingham, MD 1 South Prospect Street Burlington, VT 05401 (802) 847-4589	



## Colchester

### Colchester Family Practice

Holly Fryberger, MD  
Joanne Hunt, MD  
Thomas Peterson, MD  
Anneke Pribis, MD  
Allan Ramsay, MD  
Marga Sproul, MD  
Jennifer Wright, MD

883 Blakely Road  
Colchester, VT 05446  
(802) 847-2055

### Ethan Allen Medical Center

28 Vermont Avenue  
Colchester, VT 05446  
(802) 655-1122

Candace Fraser, MD  
170 Blakely Road  
Colchester, VT 05446  
(802) 847-2055

## Essex Junction

### Alder Brook Family Health

8 Essex Way  
Essex Junction, VT 05452  
(802) 872-7100

Charles Anderson, MD  
175 Pearl Street  
Essex Junction, VT 05452  
(802) 879-6544

## Milton

### Milton Family Practice

Peggy Carey, MD  
28 Center Drive  
Milton, VT 05468  
(802) 847-4322

## South Burlington

### Champlain Valley Urgent Care

7 Fayette Drive  
South Burlington, VT 05403  
(802) 865-3655

### South Burlington Family Practice

Allyson Bolduc, MD  
Robert Luebbbers, MD  
Norman Ward, MD  
Garry Weischedel, MD

1775 Williston Road  
South Burlington, VT 05403  
(802) 847-8500

## **Williston**

### **Evergreen Family Health**

James Dougherty, MD

Jan Ferris, MD

Paul Reiss, MD

28 Park Avenue Suite 220

Williston, VT 05495

(802) 878-1008

## **Internists**

## **Burlington**

### **Appletree Bay Medical Center**

Francis John Landry, MD

John M. Wright, MD

1205 North Avenue

Burlington, VT 05401

802-860-3934

### **Fletcher Allen Health Care**

#### **Medical Center Campus**

William Edward Hopkins, M.D.

Christopher D. Huston, MD

Erik P Riesenfeld, MD

111 Colchester Avenue

Burlington, VT 05401

802-847-0000

Benjamin Littenberg, MD

1 So. Prospect Street

Burlington, VT 05401

802-847-8268

Mark Eliot Pasanen, M.D.

310 Pine Street

Burlington, VT 05401

802-847-8300

Elizabeth Anne Seward, MD

118 Pine Street

Burlington, VT 05401

(802) 863-6635

## **Colchester**

Karen Nepveu, MD

245 South Park Drive, Suite 5

Colchester, VT 05446

802-654-3993

Christian A. Thomas, M.D.

792 College Parkway, Suite 207

Colchester, VT 05446

## **Essex**

Fletcher Allen Health Care  
Given Health Center  
Nathan Russell Ayer, MD  
Charles D MacLean, MD

87 Main Street  
Essex Junction, VT 05452  
802-847-8354

## **Shelburne**

Christine D Northrup, M.D.  
4070 Shelburne Road.  
Shelburne, VT 05482  
802-985-0145

## **South Burlington**

Aesculapius Medical Center  
Dorothy Young Fisher, MD  
Jennifer Plante Gilwee, MD  
David S. Ziegelman, MD

1 Timber Lane  
South Burlington, VT 05403  
1-802-847-4714  
1-800-639-2719 (toll free)

## **Massage Therapists**

### **Burlington**

**Amrita Massage and Bodywork**  
Sierra-Maria Magdalena  
269 Pearl Street  
Burlington, VT 05401  
802-862-4677

**Blissful Healing, LLC**  
Molly Segelin  
130 Church Street  
Burlington, VT 05401  
802-598-4952

**Integral Therapy**  
Scott Klandl  
2 Church Street  
Burlington, VT 05401  
802-355-7869

**Massage by the Bay**  
Emily Bay  
Burlington, VT 05401  
802-598-5051

<b>Sharon Panitch Massage Therapy</b> 35 King Street Burlington, VT 05401 802-864-9392	Tracy Gilbert 193 Shelburne Street Burlington, VT 05401 802-734-2602
<b>Colchester</b>	
<b>Healing Hands</b> 5912 Roosevelt Highway Colchester, VT 05446 (802) 872-7150	<b>The Massage Company</b> Nancy Evon 133 Blakely Road. Colchester, VT 05446 802-872-8790
<b>Essex</b>	
<b>Charlie Horse Massage</b> Connie Holstein PO Box 8106 Essex, VT 05451 802-350-6623	<b>Acupuncture at Essex Physical Therapy</b> Ann Ramsay 1 Towne Market Place Essex Jct., VT 05452 802-878-9572
<b>Hinesburg</b>	
<b>Nourishing Touch Elder Massage</b> 432 Texas Hill Road. Hinesburg, VT 05461 (802) 482-6363	
<b>Shelburne</b>	
Healing Touch Associates Jane Packard Bryant Shelburne Road. Shelburne, VT 05482 802-879-7838	Usui Reiki Natural Self-Healing Sabina B. Evarts 95 Quail Way Shelburne, VT 05482 802-985-4099
<b>South Burlington</b>	
Audrey Arnold Massage Therapy Audrey Arnold South Burlington, VT 05403 802-863-3977	Massage Therapy by Lisa Sullivan Lisa Sullivan Lime Kiln Road. S. Burlington, VT 05403 802-453-5622

Rolfing Associates, Inc. Jeffry Galper 595 Dorset Street #7 S. Burlington, VT 05403 802-865-4770	Touchstone Healing Arts School of Massage 205 Dorset Street South Burlington, VT 05403 (802) 658-7715
Uncommon Kneads Thearapeutic Massage for Women Gayle Eustis 1233 Shelburne Road. S. Burlington, VT 05403 802-922-1180	
<b>Winooski</b>	
Chris L. Widlund, LMP Chris Widlund 20 W. Canal Street, Ste 3A Winooski, VT 05404 802-654-7600	
<b>Mental Health Practitioners</b>	
<b>Burlington</b>	
<b>Cornerstone Psychotherapy</b> 3 Main Street Burlington, VT 05401 (802) 862-7876	Eric Friedman, PhD 2 Church Street Burlington, VT 05401 (802) 658-2504
Jane Grayson, PhD 86 Lake Fl 2 Burlington, VT 05401 (802) 864-4505	Larry Hall, MA 1 Steele Street Burlington, VT 05401 (802) 862-2383
Hollie Hurewitz, LCMHC 267 Pearl Street Burlington, VT 05401 (802) 658-5300	Arnold Kozak, PhD 127 St Paul Street Burlington, VT 05401 (802) 660-8043
<b>Essex Junction</b>	
Robert Munger, MA 15 Pinecrest Drive Essex Junction, VT 05452 (802) 288-1087	

**Shelburne**

Thomas Powell  
5224 Shelburne Road  
Shelburne, VT 05482  
(802) 985-2412

**South Burlington**

Clifford Karmiohl, PhD  
22 Patchen Road  
South Burlington, VT 05403  
(802) 864-3012

**Williston**

Thomas M Barritt, LICSW  
183 Talcott Road, Suite 206  
Williston, VT 05495  
(802) 876-1100

Lillian M Borek, LICSW  
183 Talcott Road  
Williston, VT 05495  
(802) 876-1100

Sue Adams Nyhagen  
160 James Brown Drive  
Williston, VT 05495  
(802) 879-6522

**Winooski**

Patricia M Califano, LCMHC  
432 Main Street  
Winooski, VT 05404  
(802) 655-6559

Diane Montgomery-Logan, MA  
99 Hall Street  
Winooski, VT 05404  
(802) 860-9500

**Stone House Counseling**  
73 East Allen Street  
Winooski, VT 05404  
(802) 654-7607

**Naturopathic Physicians****Burlington**

**Health Resolutions**  
Molly Fleming, ND  
Donna Powell, ND  
41 Main Street  
Burlington, VT 05401  
(802) 863-7099

**Vermont Women's Choice**  
Lorilee Schoenbeck, ND  
23 Mansfield Avenue  
Burlington, VT 05401  
(802) 860-3366

<b>Shelburne</b>	
<b>Champlain Center for Natural Medicine</b> Bill Warnock, ND 33 Harbor Road Shelburne, VT 05482 (802) 985-8250	Simon Frishkoff, ND 5224 Shelburne Road Shelburne, VT 05482 (802) 985-9856
<b>Winooski</b>	
<b>Vermont Naturopathic Clinic</b> Sam Russo, ND, MSAC 321 Main Street Suite C Winooski, VT 05404 (802) 859-0000	
<b>Occupational Therapists</b>	
<b>Burlington</b>	
<b>Fletcher Allen Health Care</b> 111 Colchester Avenue Burlington, VT 05401 (802) 847-2450	<b>Vocational Rehabilitation District</b> 108 Cherry Street Suite 201 Burlington, VT 05401 (802) 863-7500
<b>Colchester</b>	
<b>Fletcher Allen Health Care</b> 790 College Parkway Colchester, VT 05446 (802) 847-1902	
<b>Milton</b>	
<b>Associates in Physical &amp; Occupational Therapy Inc</b> 36 Bombardier Road Milton, VT 05468 (802) 893-5037	
<b>Williston</b>	
<b>Associates in Physical &amp; Occupational Therapy Inc</b> 151 Blair Park Road Williston, VT 05495 (802) 879-0909	<b>Wee Works Of Williston</b> Deborah Kratz, MS, OTR/L 139 Blackberry Roadg Williston, VT 05495 (802) 879-4600

<b>Winooski</b>	
<b>VT Associates Business, Industry &amp; Rehab</b> 1 Main Street Suite 60 Winooski, VT 05404 (802) 655-7215	
<b>Orthopedists</b>	
<b>Burlington</b>	
<b>Fletcher Allen Health Care UHC Campus</b> David A. Aronsson, MD Michel Y. Benoit, MD James G. Howe, MD Stephen J. Incavo, MD Adam B. Shafritz, MD Philip P. Trabulsy, MD  1 So. Prospect Street, 5th Floor Burlington, VT 05401 (802) 847-4690	
<b>Colchester</b>	
<b>Fletcher Allen Health Care Fanny Allen Campus</b> Joseph A. Abate III, MD Craig S. Bartlett III, MD Rayden D. Cody, MD Thomas K. Kristiansen., MD Claude E. Nichols III, MD Michael Sargent, MD James R. Slauterbeck, MD  792 College Parkway, 1st Floor Colchester, VT 05446 802-847-4914	



## South Burlington

### Hand Surgery Associates

43 Timber Lane  
South Burlington, VT 05403  
(802) 658-4263

### Associates in Orthopaedic Surgery

Douglas Murray Campbell, MD  
Andrew Stone Kaplan, M.D.  
John F. Lawlis, III, MD  
John C. Macy, M.D.  
Patrick J Mahoney, MD  
Rebecca C. Winokur, MD  
Carol L. Blattspieler, ONP  
Arne C. Heggen, PA-C  
Robert A Lavalette, ONP  
Dorothy F. Van Gerbig, PA-C

6 San Remo Drive Suite 101  
South Burlington, VT 05403  
802-862-3983

## Williston

### Spine Institute of New England

S. Elizabeth Ames, MD  
Rayden C. Cody, MD  
Stanley E. Grzyb, MD  
Martin Hans Krag, MD  
Robert D. Monsey, MD  
Warren Rinehart, MD

158 Hurricane Lane  
PO Box 1043  
Williston, VT 05495  
802-847-9005

## Osteopathic Physicians

## Burlington

Michael Horn, DO  
6 Orchard Terrace  
Burlington, VT 05401  
(802) 860-7122

### Neurological Association of Vermont

A. Kenneth Ciongoli, DO  
Andres Roumet, MD  
89 So Williams Street  
Burlington, VT 05401  
(802) 862-5759

<b>Essex Junction</b>	
<b>Champlain Osteopathic &amp; Sports Medicine</b> James Cummings, DO Mark Winslow, DO 67 Lincoln Street Essex Junction, VT 05452 (802) 878-9513	
<b>South Burlington</b>	
Timothy Fitzgerald, DO 7 Fayette Road South Burlington, VT 05403 (802) 865-3655	<b>Get Well</b> Pierre Angier, DO Evan Musman, DO 3000 Williston Road South Burlington, VT 05403 (802) 660-3110
<b>Westford</b>	
<b>Champlain Sports Medicine</b> John Johansson, DO 67 Lincoln Road Essex Junction, VT 05452 (802) 878-1003	
<b>Winooski</b>	
Jonathan Fenton, DO 321 Main Street Suite C Winooski, VT 05404 (802) 859-0000	Mark Winslow, DO 321 Main Street Winooski, VT 05404 (802) 859-0000
<b>Physical Fitness Centers</b>	
<b>Burlington</b>	
<b>Blue Wave Taekwondo School</b> 182 Main Street Burlington, VT 05401 (802) 658-3359	<b>Chain Reaction Inc</b> 233 Pearl Street Burlington, VT 05401 (802) 657-3228

<b>Core Studio</b> 3 Main Street Burlington, VT 05401 (802) 862-8686	<b>Curves for Women</b> 95 Saint Paul Street Suite 100 Burlington, VT 05401 (802) 862-8783
<b>The Fitness Center</b> 29 Church Street Burlington, VT 05401 (802) 651-8773	<b>Jazzercise of Burlington</b> 14 Heineberg Road Burlington, VT 05401 (802) 951-1133
<b>Ladies Workout Express</b> 1127 North Avenue Burlington, VT 05401 (802) 863-2500	<b>On Track</b> 1 Main Street Burlington, VT 05401 (802) 865-2226
<b>YMCA</b> 266 College Street Burlington, VT 05401 (802) 862-9622	
<b>Colchester</b>	
<b>Martial Way Self Defense Center</b> 25 Raymond Road Colchester, VT 05446 (802) 893-8893	
<b>Essex Junction</b>	
<b>Athletic Club of Vermont</b> 62 Pearl Street Essex Junction, VT 05452 (802) 288-9612	<b>Curves for Women</b> 7 Essex Way Essex Junction, VT 05452 (802) 872-8600
<b>Curves for Women</b> 159 Pearl Street Essex Junction, VT 05452 (802) 872-8080	<b>Junction Fitness</b> 57 River Road Essex Junction, VT 05452 (802) 878-5200
<b>Ladies Workout Express</b> 4 Carmichael Street Essex Junction, VT 05452 (802) 872-0333	<b>Moo Gong DO</b> 13 Susie Wilson Road Essex Junction, VT 05452 (802) 879-6763

<b>Racquet's Edge</b> 4 Morse Drive Essex Junction, VT 05452 (802) 879-7734	<b>Vermont Kung Fu Academy</b> 167 Pearl Street Essex Junction, VT 05452 (802) 878-7888
<b>Yolates</b> 21 Essex Way Essex Junction, VT 05452 (802) 879-6008	
<b>Milton</b>	
<b>Curves for Women</b> Po Box 985 Milton, VT 05468 (802) 893-4700	<b>Ultimate Fitness</b> 36 Bombardier Road Milton, VT 05468 (802) 893-7811
<b>Shelburne</b>	
<b>Curves for Women</b> 3762 Shelburne Road Shelburne, VT 05482 (802) 985-5200	<b>Field House</b> 166 Blodgett Road Shelburne, VT 05482 (802) 985-4400
<b>South Burlington</b>	
<b>All American Fitness</b> 1881 Williston Road South Burlington, VT 05403 (802) 865-3068	<b>American Taekwondo Academy</b> 7 Fayette Road South Burlington, VT 05403 (802) 864-7200
<b>Curves for Women</b> 338 Dorset Street South Burlington, VT 05403 (802) 863-3900	<b>Curves for Women</b> 340 Dorset Street South Burlington, VT 05403 (802) 383-0035
<b>Ladies Workout Express</b> 7 Fayette Road South Burlington, VT 05403 (802) 863-5239	<b>Marschkes Circle of Courage Martial Arts</b> 401 Patchen Road South Burlington, VT 05403 (802) 863-8441
<b>Olympiad Health &amp; Racquet Club</b> 70 Farrell Street South Burlington, VT 05403 (802) 863-4299	<b>Twin Oaks Sports &amp; Fitness</b> 142 West Twin Oaks Terrace South Burlington, VT 05403 (802) 658-0001

<b>Valley Fitness</b> 1200 Shelburne Road South Burlington, VT 05403 (802) 343-4243	<b>Your Personal Best Fitness Consulting</b> 4050 Williston Road South Burlington, VT 05403 (802) 658-1616
<b>Williston</b>	
<b>Bodyworks Fitness Center</b> 123 Industrial Avenue Williston, VT 05495 (802) 658-1773	<b>Physical Therapy Center of Vermont</b> 115 Wellness Drive Williston, VT 05495 (802) 860-1358
<b>Sports &amp; Fitness Edge of Williston</b> 115 Wellness Drive Williston, VT 05495 (802) 860-3343	
<b>Winooski</b>	
<b>Woolen Mill Health Club</b> 20 West Canal Street Suite 2 Winooski, VT 05404 (802) 655-2399	
<b>Physical Therapists</b>	
<b>Burlington</b>	
<b>Appletree Bay Physical Therapy</b> Beth Bower, PT Dan Curry, PT Andy Rubman, PT Megan Rubman, PT 1205 North Avenue Burlington, VT 05401 (802) 383-0400	<b>Fletcher Allen Health Care</b> 111 Colchester Avenue Burlington, VT 05401 (802) 847-2450
<b>Long Trail Physical Therapy</b> 789 Pine Street Burlington, VT 05401 (802) 264-1052	

## Colchester

**Fletcher Allen Health Care**  
790 College Parkway  
Colchester, VT 05446  
(802) 847-1902

**Injury & Health Management Solutions**  
Louise Lynch, PT  
PO Box 33  
Colchester, VT 05446  
(802) 865-4467

## Essex Junction

**Associates in Physical & Occupational Therapy Inc**  
Jennifer Smithers, PT  
87 Main Street  
Essex Junction, VT 05452  
(802) 878-5767

**Champlain Physical Therapy**  
Sylvie Fjeld, PT  
Marilynne Johnson, PT  
67 Lincoln Street  
Essex Junction, VT 05452  
(802) 878-9513

**Essex Physical Therapy**  
Towne Market Place  
Essex Junction, VT 05452  
(802) 878-9592

**Excel Physical Therapy**  
3A David Drive  
Essex Junction, VT 05452  
(802) 872-0141

**FAHC - Physical Therapy Aquatics**  
**PT Racquet's Edge**  
4 Morse Drive  
Essex Junction, VT 05452  
(802) 879-3312

**Mansfield Physical Therapy**  
7 Essex Way Suite 105  
Essex Junction, VT 05452  
(802) 879-8300

**New Beginning Therapeutic Center**  
8 Essex Way  
Essex Junction, VT 05452  
(802) 879-2704

## Hinesburg

**Associates in Physical & Occupational Therapy Inc**  
22 Commerce Street Unit 9  
Hinesburg, VT 05461  
(802) 482-7272

## Milton

**Associates in Physical & Occupational Therapy Inc**  
36 Bombardier Road  
Milton, VT 05468  
(802) 893-5037

**Excel Physical Therapy**  
184 Route 7 South  
Milton, VT 05468  
(802) 893-6890

<b>Richmond</b>	
<b>Long Trail Physical Therapy</b> 61 Huntington Road Richmond, VT 05477 (802) 434-8495	
<b>Shelburne</b>	
<b>Associates in Physical &amp; Occupational Therapy Inc</b> 4281 Shelburne Road Shelburne, VT 05482 (802) 985-4132	
<b>South Burlington</b>	
<b>Dee Physical Therapy</b> 23 San Remo Drive South Burlington, VT 05403 (802) 865-0010	<b>Dee Physical Therapy</b> 7 Fayette Drive South Burlington, VT 05403 (802) 651-9090
<b>Get Well</b> Pierre Angier, PT Evan Musman, PT 3000 Williston Road South Burlington, VT 05403 (802) 660-3110	<b>Hoeppner Physical Therapy</b> 150 Kennedy Drive South Burlington, VT 05403 (802) 862-4670
<b>Occupational Health &amp; Rehabilitation</b> 110 Kimball Avenue Suite 115 South Burlington, VT 05403 (802) 658-5756	<b>Poulin Rehabilitation Center</b> 70 Farrell Street South Burlington, VT 05403 (802) 658-0949
<b>Timberlane Physical Therapy</b> Lesli Bell, PT 40 Timber Lane South Burlington, VT 05403 (802) 864-3785	<b>Vermont Hand Therapy</b> Brenda Hilfrank, PT 43 Timber Lane South Burlington, VT 05403 (802) 864-3993
<b>Williston</b>	
<b>Associates in Physical &amp; Occupational Therapy</b> 151 Blair Park Road Williston, VT 05495 (802) 879-0909	<b>Physical Therapy Center of Vermont</b> 115 Wellness Drive Williston, VT 05495 (802) 860-1358

<b>Rehabgym Inc</b> Sharon Gutwin, PT Jes Hill, PT Brooke Poremski, PT Cathy Webster, PT 30 Hawthorne Street Williston, VT 05495 (802) 876-6000	
<b>Winooski</b>	
<b>Injury &amp; Health Management Solutions</b> 1 Main Street Winooski, VT 05404 (802) 655-7575	<b>Timberlane Physical Therapy</b> Main Street Winooski, VT 05404 (802) 864-3785
<b>Physiatrists</b>	
<b>Colchester</b>	
Rehabilitation Medicine Scott Benjamin, MD Roger C. Knakal, MD Carol A. Talley, MD Thomas J. Zweber, MD  Fanny Allen Campus 790 College Parkway, 2nd Floor Colchester, VT 05446 802-847-0318	
<b>Winooski</b>	
Jonathan E. Fenton, DO 321 Main Street Ste C Winooski VT 05404 (802) 859-0000	



## Podiatrists

### Burlington

FAHC-Dept of Vascular Surgery  
Marc Rene Sarnow, D.P.M.  
1 South Prospect Street  
BURLINGTON, VT 05401  
(802) 847-4548

### Essex Junction

Champlain Valley Foot and Ankle  
Stephen John Merena, DPM  
55 Main Street Suite 1  
ESSEX JUNCTION, VT 05452  
(802) 879-7992

### South Burlington

Burlington Podiatry Center  
Michael Guerra, DPM  
1540 Williston Road  
South Burlington, VT 05403  
(802) 862-8666

David W. McGovern, D.P.M.  
150 Kennedy Drive  
South Burlington, VT 05403  
(802) 859-3668

### Williston

Peter Andrew Miller, D.P.M.  
25 Bishop Avenue, Rte 2A Taft Corners  
Williston, VT 05495  
1-800-469-1081

Jeremiah J. Hayes, Jr., DPM  
177 Bittersweet Circle  
Williston, VT 05495  
(802) 878-3336

## Rheumatologists

### Burlington

**Fletcher Allen Healthcare**  
Ralph Budd, MD  
Sheldon Cooper, MD  
Christine Jones, MD  
Chi Chi Lau, MD  
Edward Leib, MD  
Bonita Libman, MD  
UHC 1 So Prospect Street  
Burlington, VT 05401  
(802) 847-4570

## Colchester

### Arthritis & Rheumatology Center

Karen Nepveu, MD

245 S Park Drive

Colchester, VT 05446

(802) 654-3993

<b>Franklin County</b>	
<b>Chiropractors</b>	
<b>Enosburg Falls</b>	
<b>Enosburg Chiropractic</b> 148 Main Street Enosburg Falls, VT 05450 (802) 933-9696	
<b>St. Albans</b>	
<b>Back To Health Family Chiropractic</b> Molly Keefe, DC 128 North Main Street St Albans, VT 05478 (802) 527-2225	Dominique Desrochers, DC N Main Street St Albans, VT 05478 (802) 673-9156
<b>Leahy Chiropractic Clinic</b> 188 North Main Street # 2 St Albans, VT 05478 (802) 524-3725	<b>St Albans Family Chiropractic</b> Chad Volk, DC 261 North Main Street St Albans, VT 05478 (802) 527-2492
<b>Dentists</b>	
<b>Richford</b>	
<b>Richford Dental</b> 53 Main Street Richford, VT 05476 (802) 848-3829	
<b>St. Albans</b>	
<b>Adler &amp; Manning</b> 164 No Main Street #2 St Albans, VT 05478 (802) 524-5555	<b>Dickinson &amp; Dickinson</b> 1 Mapleville Depot #2 St Albans, VT 05478 (802) 527-1227

<b>Fiddlehead Dental</b> 39 Congress Street St Albans, VT 05478 (802) 524-9774	<b>Kaye &amp; Thorstenson</b> 12 Houghton Street St Albans, VT 05478 (802) 524-3337
Elizabeth Nelson, DDS 1 Mapleville Depot #1 St Albans, VT 05478 (802) 524-5169	Steven North, DDS 17 Congress Street St Albans, VT 05478 (802) 524-2723
Edward Schumer, DDS 246 No Main Street St Albans, VT 05478 (802) 527-7672	David Stanley, DDS 276 No Main Street St Albans, VT 05478 (802) 524-4844
<b>Swanton</b>	
<b>Associates for Dental Care</b> 2 Spring Street Swanton, VT 05488 (802) 868-3334	
<b>Family Practice</b>	
<b>St. Albans</b>	
<b>Franklin County Surgical Associates</b> 1 Crest Road St Albans, VT 05478 (802) 524-2779	
<b>Swanton</b>	
Michael Corrigan, MD 12 Church Street Swanton, VT 05488 (802) 868-3175	

## Mental Health Practitioners

### St. Albans

#### Fairfield Street Psychologists

Sarah Drown, LCMHC  
92 Fairfield Street  
St Albans, VT 05478  
(802) 524-2002

## Occupational Therapists

### St. Albans

#### Vermont Associates for Training & Development

132 North Main Street  
St Albans, VT 05478  
(802) 524-3200

#### Vocational Rehabilitation District

20 Houghton Street Suite 105  
St Albans, VT 05478  
(802) 524-7950

## Orthopedists

### St. Albans

#### Northwestern Orthopaedic

Robert N. Beattie, MD  
Bruce V. Foerster, MD  
Thomas L. Ruble, OA

3 Crest Road  
St Albans, VT 05478  
(802) 527-1282

## Osteopathic Physicians

### St. Albans

Edward Haak, DO  
PO Box 1238  
St Albans, VT 05478  
(802) 933-5519

<b>Physical Fitness Centers</b>	
<b>Enosburg Falls</b>	
<b>Curves Of Enosburg</b> 162 Main Enosburg Falls, VT 05450 (802) 933-6500	
<b>Richford</b>	
<b>People's Plaza</b> 328 South Main Street Richford, VT 05476 (802) 848-7400	
<b>St. Albans</b>	
<b>Curves for Women</b> 221 SWanton Road St Albans, VT 05478 (802) 524-7754	<b>Fitness Zone</b> 248 South Main Street Lot 1 St Albans, VT 05478 (802) 527-1234
<b>Ladies Workout Express</b> 153 North Main Street St Albans, VT 05478 (802) 527-5300	
<b>Swanton</b>	
<b>Curves</b> 3 Canada Street Swanton, VT 05488 (802) 868-2100	
<b>Physical Therapists</b>	
<b>Enosburg Falls</b>	
<b>Choice Physical Therapy Of Enosburg</b> 149 Main Street Enosburg Falls, VT 05450 (802) 933-9955	

<b>Fairfax</b>	
<b>Fairfax Family Physical Therapy</b> 1282 Main Street Fairfax, VT 05454 (802) 849-9308	
<b>St. Albans</b>	
<b>Choice Physical Therapy of St Albans</b> 2 Champlain Cmns St Albans, VT 05478 (802) 524-1155	<b>Excel Physical Therapy Inc</b> 140 South Main Street St Albans, VT 05478 (802) 527-6295
<b>Northwestern Medical Center</b> 1370 Fairfield Street St Albans, VT 05478 (802) 524-5911	
<b>Podiatrist</b>	
<b>St. Albans</b>	
David Allen Groening, DPM 12 Houghton Street, Suite B St. Albans, VT 05478 (802) 527-1155	

# Grand Isle County

## Acupuncturists

### Grand Isle

Thomas Frey, LAc  
7 Adams Landing Road Ext  
Grand Isle, VT 05458  
(802) 372-6002

### South Hero

Kerri Harrington, LAc  
PO Box 28  
South Hero, VT 05486  
(802) 372-3422

## Chiropractors

### South Hero

**Lighthouse Chiropractic**  
8 Ferry Road  
South Hero, VT 05486  
(802) 372-5800

## Dentists

### South Hero

Glen Moyer, DDS  
564 Rt 2 #2  
South Hero, VT 05486  
(802) 372-3737

## Massage Therapists

### North Hero

Island Touch Massage  
Darlene DeHart  
1298 Savage Pt. Road.  
North Hero, VT 05474  
802-372-4745

True Touch  
Pamela Cuneo  
5072 US Rt. 2  
North Hero, VT 05474  
802-372-9514



## Physical Fitness Centers

### South Hero

**East Moon Fitness Factory**  
South Hero, VT 05468  
(802) 372-9600

## Physical Therapists

### South Hero

**Associates in Physical & Occupational  
Therapy Inc**  
Janine Cerra-Bellinghiri, PT  
564 Route 2  
South Hero, VT 05486  
(802) 372-4412

# Northeast Region

The following towns are included in the Northeast region.

## **Caledonia County**

Barnet	Ryegate
Burke	St Johnsbury
Danville	Sheffield
Groton	Stannard
Hardwick	Sutton
Kirby	Walden
Lyndon	Waterford
Newark	Wheelock
Peacham	

## **Essex County**

Averill	Guildhall
Averys Gore	Island Pond
Beecher Falls	Lemington
Bloomfield	Lewis
Brighton	Lunenburg
Brunswick	Maidstone
Canaan	Norton
Concord	Victory
East Haven	Warners Grant
Ferdinand	Warren Gore
Granby	

## **Orleans County**

Albany	Holland
Barton	Irasburg
Brownington	Jay
Charleston	Lowell
Coventry	Morgan
Craftsbury	Newport
Derby	Troy
Glover	Westfield
Greensboro	Westmore

# Northeast Region

Caledonia County	
Chiropractors	
<b>Danville</b>	
Robert Langone, DC Jeremy Ste Marie, DC Marjorie Ste Marie, DC Hill Street Danville, VT 05828 (802) 684-9707	
<b>Hardwick</b>	
<b>Hardwick Chiropractic</b> 54 School Circle Hardwick, VT 05843 (802) 472-3033	
<b>Lyndonville</b>	
<b>Lyndonville Family Chiropractic</b> Karson Clark, DC Stacey Clark, DC 11 Hill Street Lyndonville, VT 05851 (802) 626-5866	
<b>St. Johnsbury</b>	
Michael Billig, DC 271 Portland Street St Johnsbury, VT 05819 (802) 748-4064	<b>North Country Chiropractic Center</b> Thomas Turek, DC 770 Railroad Street St Johnsbury, VT 05819 (802) 748-3166

<b>Dentists</b>	
<b>Hardwick</b>	
<b>Hardwick Dental</b> Eric Richter, DMD 49 West Church Street Hardwick, VT 05843 (802) 472-5005	<b>Northern Counties Health Center</b> Mark Allen, DMD 296 Main Street Hardwick, VT 05843 (802) 472-2260
<b>Lyndonville</b>	
John Armstrong, DDS 282 Pinehurst Street Lyndonville, VT 05851 (802) 626-9573	Kenneth Burchesky, DDS 1 Main Street Lyndonville, VT 05851 (802) 626-3235
<b>St. Johnsbury</b>	
Daniel Brodkowitz, DDS 113 Church Street St Johnsbury, VT 05819 (802) 748-8353	Ronald Ducham, DDS 501 Portland Street St Johnsbury, VT 05819 (802) 748-4727
<b>Hawkins Dental</b> 1350 Main Street Suite 1 St Johnsbury, VT 05819 (802) 748-2325	Julius Manz, DDS 501 Portland Street St Johnsbury, VT 05819 (802) 748-4727
Peter Ollman, DDS 576 Railroad Street Suite 2 St Johnsbury, VT 05819 (802) 748-8701	<b>St J Dental</b> 1 Place Notre Dame St Johnsbury, VT 05819 (802) 748-9357
<b>Family Practice</b>	
<b>Danville</b>	
<b>Danville Health Center</b> 26 Cedar Lane Danville, VT 05828 (802) 684-2275	

<b>Hardwick</b>	
<b>Hardwick Health Center</b> 56 High Street Hardwick, VT 05843 (802) 472-3300	
<b>St. Johnsbury</b>	
<b>St. Johnsbury Family Health Center</b> 222 Summer Street St. Johnsbury, VT 05819 (802) 748-5041	
<b>Internist</b>	
<b>St. Johnsbury</b>	
Thomas F. Ziobrowski, MD Calendonia Internal Medicine 56 Church Street Saint Johnsbury, VT 05819-2101 802-748-5174	
<b>Massage Therapists</b>	
<b>St. Johnsbury</b>	
Neuromuscular Pain Relief Center Mary Anne S. Gummere, RN P.O. Box 283 St. Johnsbury, VT 05819 802-748-3978	

<b>Mental Health Practitioners</b>	
<b>St. Johnsbury</b>	
<b>Three Rivers Community Counseling</b> Hospital Drive St. Johnsbury, VT 05819 (802) 748-6580	
<b>Occupational Therapists</b>	
<b>St. Johnsbury</b>	
<b>Vermont State - Vocational Rehabilitation &amp; Employee Assistance</b> 38 Main Street St Johnsbury, VT 05819 (802) 748-6668	<b>Vocational Rehabilitation District Office - Employee Assistance Services</b> 42 Eastern Avenue St Johnsbury, VT 05819 (802) 748-8716
<b>Osteopathic Physicians</b>	
<b>Lyndonville</b>	
Thomas Broderick, DO S Wheelock Road Lyndonville, VT 05851 (802) 626-9246	
<b>St. Johnsbury</b>	
Christopher Danielson, DO 1235 Hospital Drive #1 St Johnsbury, VT 05819 (802) 748-2984	
<b>Physical Fitness Centers</b>	
<b>St. Johnsbury</b>	
<b>Old Mill Racquet Club</b> 49 Perkins Street St Johnsbury, VT 05819 (802) 748-5313	

<b>Physical Therapists</b>	
<b>Hardwick</b>	
<b>Copley Hospital Physical Therapy</b> 88 High Street Hardwick, VT 05843 (802) 472-6186	<b>Hardwick Physical Therapy</b> 88 High Street Hardwick, VT 05843 (802) 472-6186
Lassie Rathbone, PT 39 Church Street Hardwick, VT 05843 (802) 472-9800	
<b>Lyndonville</b>	
<b>Northeast Regional Hospital</b> 195 South Industrial Parkway Lyndonville, VT 05851 (802) 745-1105	<b>Northern Physical Therapy Pc</b> 417 Main Lyndon, VT 05849 (802) 626-4224
<b>St. Johnsbury</b>	
<b>NVRH Physical Therapy</b> 97 Sherman Drive St Johnsbury, VT 05819 (802) 748-3722	<b>Northeastern Vermont Regional Hospital - Physical Therapy</b> 1315 Hospital Drive St Johnsbury, VT 05819 (802) 748-3722
David Scribner, PT 82 Lafayette St Johnsbury, VT 05819 (802) 748-8831	Dan Wyand, PT Sherman Drive St Johnsbury, VT 05819 (802) 748-3722
<b>Podiatrists</b>	
<b>St. Johnsbury</b>	
Craig S. Schein, DPM 331 Summer Street St. Johnsbury, VT 05819 (802) 748-9400	Denis J. Lamontagne, D.P.M. 542 Railroad Street St. Johnsbury, VT 05819 (603) 747-4153

# Essex County

## Dentists

### Island Pond

#### Island Pond Health & Dental Center

82 Maple Street  
Island Pond, VT 05846  
(802) 723-4300

## Family Practice

### Concord

#### Concord Health Center

201 E Main Street  
Concord, VT 05824  
(802) 695-2512

### Island Pond

#### Island Pond Health & Dental Center

82 Maple Street  
Island Pond, VT 05846  
(802) 723-4300

## Massage Therapists

### Concord

Healing Alternatives  
Terry LaRue, RN, CMT  
Marko Road.  
Concord, VT 05824  
802-535-5974



# Orleans County

## Acupuncturists

### Greensboro

Galen Fisher, LAc  
Box 1  
Greensboro, VT 05841  
(802) 586-9681

## Chiropractors

### Derby

Paul Berard, DC  
297 Rt 105  
Derby, VT 05829  
(802) 766-2010

### Irasburg

Sherwood Beatty, DC  
39 Chadburn Road  
Irasburg, VT 05845  
(802) 754-2539

### Newport

Alice Soucy, DC  
172 Sias Avenue  
Newport, VT 05855  
(802) 334-5941

Normand Turcotte, DC  
45 Clermont Terrace  
Newport, VT 05855  
(802) 334-2790

Dominique Desrochers, DC  
79 Coventry Street  
Newport, VT 05855  
(802) 334-1650

<b>Dentists</b>	
<b>Derby</b>	
Dennis Leblanc, DDS 296 Main Street Derby, VT 05829 (802) 766-4711	
<b>Newport</b>	
<b>Highland Dental Center</b> Paul Bosco, DMD 494 Highland Avenue Newport, VT 05855 (802) 334-1400	Donald Dahlin, DDS 83 Second Street Newport, VT 05855 (802) 334-6766
<b>Family Practice</b>	
<b>Barton</b>	
<b>The Barton Clinic</b> Elm Street Barton, VT 05822 (802) 525-3539	
<b>Newport</b>	
<b>Family Practice of Newport</b> 81 Medical Village Drive Newport, VT 05855 (802) 334-4120	
<b>Orleans</b>	
<b>Orleans Medical Center</b> 30 East Street Orleans, VT 05860 (802) 754-2220	
<b>Internist</b>	
<b>Derby Line</b>	
Brent Watson Tatum, MD Border Health Center 159 Main Street, Po Box 970 Derby Line, VT 05830 (802) 873-3009	

<b>Massage Therapists</b>	
<b>Barton</b>	
Richard Royer Massage Therapy Richard Royer 1442 May Farm Road. Barton, VT 05822 802-525-0084	
<b>Craftsbury</b>	
Kathy Jarrett P.O. Box 48 Craftsbury Common, VT 05821 802-586-7785	
<b>Mental Health Practitioners</b>	
<b>Newport</b>	
Douglas Flint 494 Highland Avenue Newport, VT 05855 (802) 334-1795	Joseph Kress, MA 95 Main Street Suite 203 Newport, VT 05855 (802) 334-6301
<b>Mental Health Practitioners</b>	
<b>Newport</b>	
Douglas Flint 494 Highland Avenue Newport, VT 05855 (802) 334-1795	Joseph Kress, MA 95 Main Street Suite 203 Newport, VT 05855 (802) 334-6301
<b>Occupational Therapists</b>	
<b>Newport</b>	
<b>Vocational Rehabilitation</b> 11 3rd Street Newport, VT 05855 (802) 334-6794	

## Osteopathic Physicians

### Newport

William Birge, DO  
76 Lakemont Drive Suite 9  
Newport, VT 05855  
(802) 334-8644

Michael McNamara, DO  
189 Prouty Drive  
Newport, VT 05855  
(802) 334-4139

## Physical Fitness Centers

### Newport

**Kingdom Racquet & Fitness Club**  
102 Union Street  
Newport, VT 05855  
(802) 334-2777

**Lepages Total Fitness Health Club**  
Derby Road  
Newport, VT 05855  
(802) 334-3126

## Physical Therapists

### Newport

**Community Wellness & Rehabilitation Center**  
251 Indian Point Street  
Newport, VT 05855  
(802) 334-5858

**Northeast Kingdom Physical Therapy**  
76 Lakemont Drive  
Newport, VT 05855  
(802) 334-8558

# Central Region

The following towns are included in the Central region.

## **Lamoille County**

Belvidere	Morristown
Cambridge	Morrisville
Eden	Stowe
Elmore	Waterville
Hyde Park	Wolcott
Johnson	

## **Orange County**

Bradford	Strafford
Braintree	Thetford
Brookfield	Topsham
Chelsea	Tunbridge
Corinth	Vershire
Fairlee	Washington
Newbury	West Fairlee
Orange	Williamstown
Randolph	

## **Washington County**

Barre	Moretown
Berlin	Northfield
Cabot	Plainfield
Calais	Roxbury
Duxbury	Waitsfield
East Montpelier	Warren
Fayston	Waterbury
Marshfield	Waterbury Center
Middlesex	Woodbury
Montpelier	Worcester

# Central Region

<b>Lamoille County</b>	
<b>Acupuncturists</b>	
<b>Lake Elmore</b>	
Holly Long, LAc PO Box 169 Lake Elmore, VT 05657 (802) 888-0149	
<b>Stowe</b>	
Scott Leith, LAc 626 Mtn Road #2 Stowe, VT 05672 (802) 253-9303	<b>Stowe Acupuncture</b> Li Ming Tseng, LAc 1878 Mountain Road Stowe, VT 05672 (802) 253-8483
<b>Chiropractors</b>	
<b>Cambridge</b>	
<b>Family First Chiropractic</b> 1 South Main Street Cambridge, VT 05444 (802) 644-2260	
<b>Morrisville</b>	
<b>Associates in Kinesiology</b> 30 Fairgrounds Plaza Morrisville, VT 05661 (802) 888-5222	P. Joy Schricker, DC 31 Main Street Morrisville, VT 05661 (802) 888-7979

## **Stowe**

### **Charkalis Chiropractic Center of Stowe**

188 S Main Street  
Stowe, VT 05672  
(802) 253-7004

Bradley Rauch, DC  
Pond Road  
Stowe, VT 05672  
(802) 253-6955

## **Dentists**

## **Cambridge**

David Solomon, DDS  
Main Street  
Cambridge, VT 05444  
(802) 644-5135

## **Morrisville**

### **Brigham Dental**

Matthew Ebert, DMD  
3 Brigham  
Morrisville, VT 05661  
(802) 888-5685

Peter Guthmann, DDS  
56 Main Street  
Morrisville, VT 05661  
(802) 888-5973

Gary Morris, DDS  
294 Upper Main Street  
Morrisville, VT 05661  
(802) 888-7766

## **Stowe**

### **Altodonna & McKechnie**

PO Box 1168  
Stowe, VT 05672  
(802) 253-7932

### **Stowe Family Dentistry**

1593 Pucker Street  
Stowe, VT 05672  
(802) 253-4157

## **Family Practice**

## **Morrisville**

### **Morrisville Family Health Center**

607 Washington Highway  
Morrisville, VT 05661  
(802) 888-5639

<b>Stowe</b>	
<b>Stowe Family Practice</b> 1878 Mountain Road Stowe, VT 05672 (802) 253-4853	
<b>Massage Therapists</b>	
<b>Cambridge</b>	
Natural Alliance Bonnie Woodford-Potter Young Farm Drive Cambridge, VT 05444 802-644-5446	
<b>Hyde Park</b>	
Maple Rock Massage Amy R. Holibaugh 112 Whitcomb Island Road. Hyde Park, VT 05655 802-233-9183	
<b>Morrisville</b>	
A Touch of Health Heather Ryder Haslam 85 Portland Street Morrisville, VT 05661 802-888-8415	
<b>Stowe</b>	
Katherine Graves, Bodywork Therapist 515 Moscow Road., PO Box 32 Stowe, VT 05672 802-253-8427	Neuromuscular Therapy David Bateman 188 Main Street Stowe, VT 05672 802-279-5470



<b>Orthopedists</b>	
<b>Morrisville</b>	
Mansfield Orthopaedics PC Bryan M. Huber, MD Richard James, MD Eric Ronald Mullins, MD S. Glen Neale, MD Nella Wennberg, PA-C  530 Washington Highway Morrisville, VT 05661 802-888-8405	
<b>Physical Fitness Centers</b>	
<b>Jeffersonville</b>	
<b>It Figures Cambridge</b> 85 Church Street Jeffersonville, VT 05464 (802) 644-2911	
<b>Morrisville</b>	
<b>Body Images</b> 30 Fairgrounds Plaza Morrisville, VT 05661 (802) 888-7667	<b>It Figures Morrisville</b> 65 Northgate Plaza Morrisville, VT 05661 (802) 888-6900
<b>Stowe</b>	
<b>Curves for Women</b> 394 Mountain Road Stowe, VT 05672 (802) 253-0002	<b>PHIT</b> 4968 Mountain Road Stowe, VT 05672 (802) 253-6066
<b>Stowe Gym</b> 1056 Mountain Road Suite 14 Stowe, VT 05672 (802) 253-2176	<b>Stoweflake Mountain Resort &amp; Spa</b> 1746 Mountain Road Stowe, VT 05672 (802) 253-7355

<b>Swimming Hole</b> 75 Weeks Hill Road Stowe, VT 05672 (802) 253-9229	<b>Topnotch at Stowe Resort &amp; Spa</b> Mountain Road Stowe, VT 05672 (802) 253-8585
<b>Total Body Salon</b> 394 Mountain Road Suite 6 Stowe, VT 05672 (802) 253-9969	
<b>Physical Therapists</b>	
<b>Cambridge</b>	
<b>Cambridge Physical Therapy</b> Main Street Cambridge, VT 05444 (802) 644-5803	
<b>Jeffersonville</b>	
<b>Sunrise Physical Therapy</b> Pam Sills, PT 44 Lamoille View Lane Jeffersonville, VT 05464 (802) 644-8011	
<b>Lake Elmore</b>	
<b>Personalized PT</b> 71 Lower Main Street Lake Elmore, VT 05657 (802) 888-5230	
<b>Morrisville</b>	
<b>Choice Physical Therapy</b> 30 Mountain View Plaza Morrisville, VT 05661 (802) 888-1500	<b>Copley Hospital - Departments Physical Occupational Therapy</b> Washington Highway Morrisville, VT 05661 (802) 888-8303

## **Stowe**

**Copley Hospital - Dept Physical  
Occupational Therapy**  
1746 Mountain Road  
Stowe, VT 05672  
(802) 253-4485

**Pinnacle Physical Therapy Inc**  
1878 Mountain Road  
Stowe, VT 05672  
(802) 253-2273

**Personalized PT**  
56 Old Farm Road  
Stowe, VT 05672  
(802) 253-6852

**Sports & Rehabilitation Clinic**  
Heidi Noonan, PT  
4968 Mountain Road  
Stowe, VT 05672  
(802) 253-5694

# Orange County

## Acupuncturists

### Chester

Glynn Pellagrino, LAc  
PO Box 334  
Chelsea, VT 05038  
(802) 674-7037

### Thetford Center

**Two Rivers Clinic**  
Katharine Pershouse, LAc  
PO Box 277  
Thetford Center, VT 05075  
(802) 785-2503

## Chiropractors

### Bradford

**Sinclair Chiropractic Clinic**  
183 North Main Street  
Bradford, VT 05033  
(802) 222-5383

### Randolph

Jeffrey Levy, DC  
86 Dylan Drive Suite 1  
Randolph, VT 05060  
(802) 728-5159

## Dentists

### East Thetford

James Gold, DDS  
Route 5  
East Thetford, VT 05043  
(802) 785-2117

**Randolph**

Mark Luttrell, DDS  
PO Box 425  
Randolph, VT 05060  
(802) 728-3344

John Westbrook, DDS  
Kingwood Pk  
Randolph, VT 05060  
(802) 728-9990

Christopher Wilson, DDS  
55 Central Street  
Randolph, VT 05060  
(802) 728-3343

Richard Yoshikawa, DDS  
9 School Street  
Randolph, VT 05060  
(802) 728-3008

**Family Practice****Randolph**

**Gifford Medical Center**  
44 South Main Street  
Randolph, VT 05060  
(802) 728-7000

**Massage Therapists****Randolph**

Complementary Arts  
Gertrude Denison  
2983 E. Bethel Road.  
Randolph Ctr., VT 05061  
802-728-5244

Gigi Fanning  
Gigi Fanning  
2126 Vt. Rt. 14S  
East Randolph, VT 05061  
802-793-3794

**Thetford**

Debra Kraemer  
432 Ulman Road.  
Thetford Ctr., VT 05075  
802-785-4126

**Orthopedists****Randolph**

Dartmouth-Hitchcock, Associates of  
Randolph  
William E Minsinger, MD  
3 Maple Street, Doctors Building  
Randolph, VT 05060  
802-728-2455

## Osteopathic Physicians

### Randolph

#### Gifford Primary Care

Kenneth Borie, DO  
3 Maple Street  
Randolph, VT 05060  
(802) 728-2445

Terry Cantlin, DO

PO Box 360  
Randolph, VT 05061  
(802) 234-9913

Mark Seymour, DO  
250 Corrado Road  
Randolph, VT 05061  
(802) 234-9913

### Tunbridge

Philip Brown, DO  
359 Potash Hill Road  
Tunbridge, VT 05077  
(802) 889-5604

## Physical Fitness Centers

### Chelsea

#### Chelsea Fitness Center

Maple Avenue  
Chelsea, VT 05038  
(802) 685-3842

### Randolph

#### Fitness 2000

17 S Main Street  
Randolph, VT 05060  
(802) 728-8990

#### Tony's Gym & Fitness Center

24 Pleasant Street  
Randolph, VT 05060  
(802) 728-9332

## Podiatrists

### Chelsea

Podiatry and Sports Medicine  
Gifford Medical Center  
Robert R. Rinaldi, D.P.M.  
Bear Hoot Hollow, Box 186  
Chelsea, VT 05038-0186  
(802) 728-2490

### Randolph

Gifford Medical Center  
Kevin A. McNamara, DPM  
44 South Main Street  
Randolph, VT 05060  
(802) 728-2455

<b>Washington County</b>	
<b>Acupuncturists</b>	
<b>Calais</b>	
Edward Kentish, LAc Pamela Kentish, LAc 1068 W County Road Calais, VT 05648 (802) 229-4543	
<b>East Montpelier</b>	
Taylor Grymont, LAc 170B Cherry Tree Hill East Montpelier, VT 05651 (802) 454-8583	
<b>Fayston</b>	
Louis Bevaqui, LAc 66 Lockwood Brook Road Fayston, VT 05673 (802) 583-3088	
<b>Marshfield</b>	
Christy Colgan, LAc PO Box 302 Marshfield, VT 05658 (802) 310-7624	
<b>Montpelier</b>	
<b>Acupuncture &amp; Health Clinic</b> Christine Bemish, RN, LAc 155 Elm Street Suite 3 Montpelier, VT 05602 (802) 223-2300	Deborah DeGraff St Cyr, LAc 73 Main Street Suite 40 Montpelier, VT 05602 (802) 223-6821



Annette Hansen-Schmidt, LAc 90 Three Mile Bridge Road Montpelier, VT 05602 (802) 496-4345	Joshua Singer, LAc 14 Cummings Street Apt 5 Montpelier, VT 05602 (802) 223-6186
<b>White Peony Oriental Healing Arts</b> Pamela Brady, LAc Sharon McIlwaine, LAc 28 E State Street Montpelier, VT 05602 (802) 223-1870	
<b>Chiropractors</b>	
<b>Barre</b>	
<b>Barre Chiropractic Center</b> Curt Healey, DC John Pizzo, DC 108 Washington Street Barre, VT 05641 (802) 479-3206	<b>Borowske Chiropractic Clinic</b> 64 Warren Street Barre, VT 05641 (802) 479-3322
<b>Jerome Family Chiropractic</b> Heather Jerome, DC 136 North Main Barre, VT 05641 (802) 476-1850	<b>Woodcock Family Chiropractic</b> 14 Park Street Barre, VT 05641 (802) 479-2023
<b>East Montpelier</b>	
Richard Warmann, DC 2783 Route 2 East Montpelier, VT 05651 (802) 223-2249	
<b>Montpelier</b>	
<b>Advanced Chiropractic Inc</b> Ronald Wisdom, DC 155 Elm Street Montpelier, VT 05602 (802) 229-4922	<b>Family Chiropractic Health Care</b> James Lynch, DC 214 Elm Street Montpelier, VT 05602 (802) 223-3811

<b>Main Street Chiropractic</b> Charles Evans, DC 146 Main Fl 1 Montpelier, VT 05602 (802) 229-2299	Pamela Milosevich, DC 201 Berlin Street Montpelier, VT 05602 (802) 229-0784
<b>Montpelier Chiropractic</b> Rick Eschholz, DC Grace Johnstone, DC 58 East State Street Montpelier, VT 05602 (802) 223-2967	P. Joy Schricker, DC 37 School Street Montpelier, VT 05602 (802) 229-9299
<b>Waitsfield</b>	
Dominique Desrochers, DC 4477 Main Street Waitsfield, VT 05673 (802) 496-2125	<b>Mahoney Family Chiropractic</b> Rt 100 Village Square Waitsfield, VT 05673 (802) 496-9206
<b>Waterbury</b>	
<b>Mountainview Chiropractic &amp; Physical Therapy</b> 100 South Main Street Waterbury, VT 05676 (802) 244-1332	<b>Waterbury Family Chiropractic</b> Raymond Vanvoorhis, DC 104 South Main Street Waterbury, VT 05676 (802) 244-7336
<b>Dentists</b>	
<b>Barre</b>	
<b>Braun Dental</b> 12 Cottage Street Barre, VT 05641 (802) 476-3638	James Crumbaker, DDS 85 Washington Street Barre, VT 05641 (802) 476-7162
<b>George, Koch &amp; Lansky</b> 6 North Street Barre, VT 05641 (802) 476-4812	Frank Illuzzi, DDS 80 Summer Street Barre, VT 05641 (802) 476-1311

Donald Sherman, DDS 51 Perry Street Barre, VT 05641 (802) 476-8788	Richard Venmar, DDS 20 Maple Avenue Barre, VT 05641 (802) 476-3171
<b>Vermont Dental Care</b> Stephen Hibbs, DDS 189 No Main Street Barre, VT 05641 (802) 476-6785	Richard Wollensak, DDS 2 Park Street Barre, VT 05641 (802) 476-6061
<b>Berlin</b>	
Arlene Pearson, DDS 395 Paine Turnpike No Berlin, VT 05602 (802) 229-0561	John Steinman, DDS 161 Us Rt 302 Berlin, VT 05641 (802) 476-8700
<b>Montpelier</b>	
Eric Anderson, DDS 174 Elm Street Montpelier, VT 05602 (802) 229-9494	Sally Bishko, DDS 535 Stone Cutters Way Montpelier, VT 05602 (802) 223-2244
Laurie Ann Forest, DDS 81 River Street Montpelier, VT 05602 (802) 229-0033	Richard Herbert, DMD 25 State Street Montpelier, VT 05602 (802) 229-4840
Kenneth Kero, DDS 28 E State Street Montpelier, VT 05602 (802) 223-5220	John Lansky, DDS 152 Main Street Montpelier, VT 05602 (802) 229-0690
Robert Marshall, DDS 4 Spring Street #1 Montpelier, VT 05602 (802) 223-2971	

<b>Northfield</b>	
Ray Kunkel, DDS 391 So Main Street Northfield, VT 05663 (802) 485-3051	Martin Simon, DDS 391 So Main Street Northfield, VT 05663 (802) 485-3051
Joseph Zuaro, DDS 294 So Main Street Northfield, VT 05663 (802) 485-5100	
<b>Plainfield</b>	
<b>The Health Center</b> Route 2 Plainfield, VT 05667 (802) 454-8336	
<b>Waitsfield</b>	
<b>Valley Dental Associates</b> 138 Fiddlers Green Unit 1 Waitsfield, VT 05673 (802) 496-2524	
<b>Waterbury</b>	
Peter Hebert, DMD 77 So Main Street Waterbury, VT 05676 (802) 244-6366	Edward Novogroski, DDS 38 Main Street Waterbury, VT 05676 (802) 244-5300
Richard Wollensak, DDS 1080 Waterbury-Stowe Road Waterbury, VT 05676 (802) 244-1272	

<b>Family Practice</b>	
<b>Berlin</b>	
<b>Central Vermont Medical Center</b> 130 Fisher Road Berlin, VT 05641 (802) 371-4100	
<b>Cabot</b>	
<b>Cabot Health Services</b> 25 Common Road Cabot, VT 05647 (802) 563-2118	
<b>Internists</b>	
<b>Barre</b>	
Robert D. Robinson, III, MD Mark N. Yorra, MD  30 Keith Avenue Barre, VT 05641 802-479-2546	Bruce Talmadge, MD 225 S. Main Street Barre, VT 05641 802-479-3302
<b>Berlin</b>	
Mountainview Medical Nicole Jeanine Belanger, MD 195 Hospital Loop, Suite 3 Berlin, VT 05602 802-223-6196	
<b>Plainfield</b>	
John D Matthew, MD The Health Center Plainfield, VT 05667 802-454-8336	

## Massage Therapists

### Barre

Deborah A. Schick  
84 S. Main Street  
Barre, VT 05641  
802-476-3035

### Montpelier

Galen Cheney  
172 Berlin Road  
Montpelier, VT 05602  
(802) 249-2121

Fran Goulet, Massage Therapy  
Fran Goulet  
183 River Street  
Montpelier, VT 05602  
802-244-8719

Massage Works  
Felicia Fox  
100 State Street, Ste. 347  
Montpelier, VT 05602  
802-229-0903

Muscular Therapy  
Alison Signorino  
27 Kent Street  
Montpelier, VT 05602  
802-223-4302

Touchstone Massage & LaStone Therapy  
Stephanie Johnson  
70 Liberty Street  
Montpelier, VT 05602  
802-229-1787

Universal Rivers of Life  
Robin Cornell  
28 East State Street, Ste. 4  
Montpelier, VT 05602  
802-223-3427

Edward Kentish  
28 E. State Street  
Montpelier, VT 05602  
802-229-4537

### N. Fayston

Streams of Light Healing Therapies  
Wendy K. Bridewater  
281 Boyce Road.  
N. Fayston, VT 05660  
802-496-4475

**Waitsfield**

Mad River Massage  
Trish Hopkins  
5677 Main Street  
Waitsfield, VT 05673  
802-496-5638

**Warren**

Tree of Life Massage  
Sarah Bray  
211 Cider Hill Road.  
Warren, VT 05674  
802-310-0933

**Mental Health Practitioners****Montpelier**

Peggy Bresee, PhD  
79 Main Street  
Montpelier, VT 05602  
(802) 223-0162

**Bridge Street Counseling Assoc**  
7 Main Street  
Montpelier, VT 05602  
(802) 223-2720

Bruce Chalmer  
2 Spring  
Montpelier, VT 05602  
(802) 229-4974

Marcia Hill  
25 Court Street  
Montpelier, VT 05602  
(802) 223-7857

Jill Kilian, LCMHC  
162 Elm Street  
Montpelier, VT 05602  
(802) 223-6946

Saul Schoenberg  
17 Court Street  
Montpelier, VT 05602  
(802) 229-4015

**Naturopathic Physicians****Montpelier**

Donna Caplan, ND  
172 Berlin Street  
Montpelier, VT 05602  
(802) 229-2635

<b>Occupational Therapists</b>	
<b>Berlin</b>	
<b>CVMC Rehabilitation Services</b> Julie Rossignol, OTR 130 Fisher Road Berlin, VT 05641 (802) 371-4242	
<b>Waterbury</b>	
<b>Vocational Rehabilitation Coordinator of Service</b> 103 South Main Street Waterbury, VT 05676 (802) 241-2199	<b>Waterbury Rehabilitation Services</b> 130 South Main Street Waterbury, VT 05676 (802) 241-4156
<b>Orthopedists</b>	
<b>Berlin</b>	
Green Mountain Orthopaedic Surgery Christian Bean, MD Christopher Meriam, MD Alan Small, PA-C 286 Hospital Loop, suite 1, Bldg. C Berlin, VT 05602 802-229-2663	
<b>Osteopathic Physicians</b>	
<b>Barre</b>	
Camilla Kelly, DO 99 Perkins Road Barre, VT 05641 (802) 479-3302	
<b>Marshfield</b>	
Roger Knowlton, DO 654 Thistle Hill Road Marshfield, VT 05658 (802) 371-4263	



<b>Montpelier</b>	
James Gaydos, DO 153 Elm Street #1 Montpelier, VT 05602 (802) 224-9914	John Peterson, DO 72 Barre Street Montpelier, VT 05602 (802) 229-9418
Arthur Watson, DO 174 Elm Street Montpelier, VT 05602 (802) 253-7209	
<b>Waterbury</b>	
Willian Cove, DO 130 South Main Street Waterbury, VT 05676 (802) 244-7876	
<b>Physical Fitness Centers</b>	
<b>Barre</b>	
<b>Body Tech</b> 36 Elm Street Barre, VT 05641 (802) 476-3973	<b>Curves for Women</b> 1284 USRoute 302 Barre, VT 05641 (802) 476-7999
<b>Ladies Workout Express</b> 100 North Main Street Barre, VT 05641 (802) 479-5300	
<b>Montpelier</b>	
<b>Contemporary Dance and Fitness Studio</b> 18 Langdon Street Montpelier, VT 05602 (802) 229-4676	<b>Curves for Women</b> 1284 Route 302 Montpelier, VT 05602 (802) 476-7999
<b>First in Fitness</b> 1 Blanchard Court Montpelier, VT 05602 (802) 223-1348	

## **Waitsfield**

**Sugarbush Resort - Health Club**  
Waitsfield, VT 05673  
(802) 583-6700

## **Warren**

**The Bridges Family Resort**  
202 Bridges Circle  
Warren, VT 05674  
(802) 583-2922

**Valley Rock Gym**  
Sugarbush Health & R  
Warren, VT 05674  
(802) 583-6754

## **Waterbury**

**Curves of Waterbury**  
2 Elm Street  
Waterbury, VT 05676  
(802) 244-7224

# **Physical Therapists**

## **Barre**

**Choice Physical Therapy**  
652 Granger Road  
Barre, VT 05641  
(802) 229-5155

**Choice Physical Therapy**  
84 South Main Street  
Barre, VT 05641  
(802) 476-3305

## **Berlin**

**CVMC Rehabilitation Services**  
Michelle Anderson, PT  
Robert Paterson, PT  
Rebecca Reed, PT  
130 Fisher Road  
Berlin, VT 05641  
(802) 371-4242

<b>Montpelier</b>	
<b>Choice Physical Therapy</b> 1 Blanchard Court Montpelier, VT 05602 (802) 229-6398	<b>Green Mountain Sports Physical Therapy</b> Granger Road Montpelier, VT 05602 (802) 223-7499
<b>Occupational Health and Rehabilitation Inc</b> Granger Road Montpelier, VT 05602 (802) 223-7499	
<b>Plainfield</b>	
<b>Phoenix Physical Therapy Plc</b> Ted Lamb, MS, PT 157 Towne Avenue Plainfield, VT 05667 (802) 454-8336	
<b>Waitsfield</b>	
<b>Back To Action Physical Therapy</b> 5360 Main Street Waitsfield, VT 05673 (802) 496-4262	<b>Maximum Fitness &amp; Rehabilitation</b> Lisa Russell, PT Irasville Cmn Route Waitsfield, VT 05673 (802) 496-4008
<b>Warren</b>	
<b>Green Mountain Sports Physical Therapy</b> 148 Sports Center Drive Warren, VT 05674 (802) 583-5633	
<b>Waterbury</b>	
Jayne Collins, PT 137 South Main Street Waterbury, VT 05676 (802) 244-1140	<b>House Calls Physical Therapy</b> Loomis Hill Road Waterbury Center, VT 05676 (802) 244-5516

<b>Montpelier Health Center - Rehabilitation Services</b>	
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156 Main Street

Montpelier, VT 05602

(802) 229-2519

# Southwest Region

The following towns are included in the Southwest region.

## **Addison County**

Addison	Lincoln	Starksboro
Bridport	Middlebury	Vergennes
Bristol	Monkton	Waltham
Cornwall	New Haven	Weybridge
Ferrisburg	Orwell	Whiting
Goshen	Panton	
Granville	Ripton	
Hancock	Salisbury	
Leicester	Shoreham	

## **Bennington County**

Arlington	Readsboro
Bennington	Rupert
Bondville	Sandgate
Dorset	Searsburg
Glastenbury	Shaftsbury
Landgrove	Stamford
Manchester	Sunderland
Peru	Winhall
Pownal	Woodford

## **Rutland County**

Benson	Killington	Proctor
Brandon	Mendon	Rutland
Bomoseen	Middletown Springs	Shrewsbury
Castleton	Mount Holly	Sudbury
Chittenden	Mount Tabor	Tinmouth
Clarendon	Pawlet	Wallingford
Danby	Pittsfield	Wells
Fair Haven	Pittsford	West Haven
Hubbardton	Poultney	West Rutland
Ira		

# Southwest Region

Addison County	
Acupuncturists	
<b>Bristol</b>	
<b>Awakening Center</b> Victoria Hovde, LAc, RN 2322 Downingville Road Bristol, VT 05443 (802) 453-3846	<b>Cloud Hands Oriental Medicine Practice</b> Christopher Kiely, LAc 14 School Street Bristol, VT 05443 (802) 453-2714
Karen Edwards, LAc The Old High School 14 School Street Bristol, VT 05443 (802) 453-6873	
<b>Middlebury</b>	
Karen Miller-Lane, LAc 7 Swanage Ct Middlebury, VT 05753 (802) 388-0667	
Chiropractors	
<b>Bristol</b>	
<b>Bristol Family Chiropractic Center</b> William Evan, DC 25 West Street Bristol, VT 05443 (802) 453-3253	
<b>Middlebury</b>	
<b>Kelley Chiropractic</b> 10 Merchants Row Middlebury, VT 05753 (802) 388-8404	<b>McDaniel Chiropractic Center</b> 812 Exchange Street Suite 3 Middlebury, VT 05753 (802) 388-0970

<b>Middlebury Chiropractic OFC</b> Curtis Gross, DC 103 Court Street Middlebury, VT 05753 (802) 388-6376	Charles Paolantonio, DC 10 Cross Middlebury, VT 05753 (802) 388-3033
<b>Vergennes</b>	
<b>Addison County Chiropractic Center</b> Kimberly O'Boyle, DC Joel Palmer, DC 56 Green Street Vergennes, VT 05491 (802) 877-3567	
<b>Dentists</b>	
<b>Bristol</b>	
<b>Hopper &amp; Montgomery</b> 6 Park Pl Bristol, VT (802) 453-2337	
<b>Middlebury</b>	
James Cossaart, DDS 11 Court Street Middlebury, VT 05753 (802) 388-7045	James Daly, DDS 152 Maple Street #201 Middlebury, VT 05753 (802) 388-4432
Harvey Green, DDS 57 Court Street Middlebury, VT 05753 (802) 388-2727	John Landfeldt, DDS 9 Court Street Middlebury, VT 05753 (802) 388-6404
<b>Larrow &amp; Larrow</b> 80 Court Street Middlebury, VT 05753 (802) 388-7251	

**Vergennes**

Gregory Maurer, DDS  
46 New Haven Road  
Vergennes, VT 05491  
(802) 877-2110

**Family Practice****Middlebury**

**Cedar Ledge Family Practice**  
Lewis Holmes, MD  
99 Court Street # 2  
Middlebury, VT 05753  
(802) 388-7185

**Champlain Valley Family Health Associates**  
Timothy Cope, MD  
William Fifield, MD  
116 Porter Drive  
Middlebury, VT 05753  
(802) 388-6777

Scott Smith, MD  
99 Court Street  
Middlebury, VT 05753  
(802) 388-7185

**Vergennes**

**Little City Family Practice**  
Donald Bicknell, MD  
Joseph Capobianco, MD  
Mark Hoffman, MD  
10 North Street  
Vergennes, VT 05491  
(802) 877-3466

Elizabeth White, MD  
20 Armory Lane  
Vergennes, VT 05491  
(802) 877-2121

**Internists****Bristol**

Kevin John Mulholland, M.D.  
6 Park Place  
BRISTOL, VT 05443  
802-453-7422



<b>Middlebury</b>	
Bradford W Armstrong, M.D. 116 Porter Drive Middlebury, VT 05753 802-388-8804	Alan D. Covey, MD 116 Porter Drive Middlebury, VT 05753 802-388-8805
<b>Massage Therapists</b>	
<b>Bristol</b>	
Michelle S. Perlee 11 Church Street Bristol, VT 05443 802-777-4842	
<b>Middlebury</b>	
The Integrative Studio Sarah Stevens 10 Merchants Row #330 Middlebury, VT 05733 802-349-8011	Natural Medicine of Vermont Karen Miller-Lane 50 Court Street Middlebury, VT 05753 802-989-9068
SomaWork Wellness Center Caryn Etherington Joanne Kenyon Irene Paquin Nancy Tellier  50 Court Street Middlebury, VT 05753 802-388-4882 ext. 1	
<b>Salisbury</b>	
Dawn Decker Bodywork 312 Beaver Pond Road. Salisbury, VT 05769 802-532-9073	
<b>Shaftsbury</b>	
Cynthia Jacobs, Certified Massage Therapist of Shaftsbury 782 Rt. 7A Shaftsbury, VT 05262 802-442-6228	

## Mental Health Practitioners

### Middlebury

Augustus Jordan, PhD  
152 Maple  
Middlebury, VT 05753  
(802) 388-6901

Shirley Oxidine,  
5 Park Street, Suite 1f  
Middlebury, VT 05753  
(802) 522-3611

Lisa M Stephen, PhD  
68 Court  
Middlebury, VT 05753  
(802) 388-1122

## Occupational Therapists

### Middlebury

**Vermont State - Vocational  
Rehabilitation DIV**  
282 Boardman Street  
Middlebury, VT 05753  
(802) 388-4666

**Vermont Associates for Training &  
Development**  
84 Exchange Street  
Middlebury, VT 05753  
(802) 388-0460

## Orthopedists

### Middlebury

Champlain Valley Orthopedics  
Eric B. Benz, MD  
Benjamin N. Rosenberg, MD  
George M. Connelly, PA  
1436 Exchange Street  
Middlebury, VT 05753  
(802) 388-3194

## Physical Fitness Centers

### Bristol

**Bristol Health & Fitness**  
14 School Street  
Bristol, VT 05443  
(802) 453-5205

<b>Middlebury</b>	
<b>Middlebury Fitness</b> Wilson Road Middlebury, VT 05753 (802) 388-3744	<b>Vermont Sun Sports &amp; Fitness</b> Exchange Street Middlebury, VT 05753 (802) 388-6888
<b>North Ferrisburgh</b>	
<b>Cameron Construction</b> 7056 Route 7 No Ferrisburgh, VT 05473 (802) 425-3782	
<b>Physical Therapists</b>	
<b>Bristol</b>	
<b>Bristol Physical Therapy</b> 25A Main Street Bristol, VT 05443 (802) 453-7200	
<b>Middlebury</b>	
<b>Back To Action Physical Therapy</b> 111 Court Street Middlebury, VT 05753 (802) 388-4572	<b>Wells Physical Therapy Services</b> Wilson Road Middlebury, VT 05753 (802) 388-3533
<b>Vergennes</b>	
<b>Long Trail Physical Therapy PC</b> 300 Main Street Vergennes, VT 05491 (802) 877-6991	
<b>Podiatrist</b>	
<b>Middlebury</b>	
Middlebury Foot Care Peter Andrew Miller, D.P.M. 76 Court Street Middlebury, VT 05753 (802) 388-1200	

# Bennington County

## Chiropractors

### Bennington

Nancy Burns, DC  
185 North Street  
Bennington, VT 05201  
(802) 447-2110

Harris Snoparsky, DC  
125 Elm Street  
Bennington, VT 05201  
(802) 442-9533

David Vincent, DC  
655 Main Street  
Bennington, VT 05201  
(802) 442-4442

### Manchester

**Associates in Chiropractic PC**  
Brian Humphrey, DC  
Route 11-30 East  
Manchester Center, VT 05255  
(802) 362-1230

**Chiropractic Care Center**  
Raymond Foster, DC  
Roseanne Viscovich, DC  
Richville Road  
Manchester, VT 05254  
(802) 362-3040

Marc D'Aquila, DC  
231 Bonnet  
Manchester Center, VT 05255  
(802) 362-3150

**Pinkus Family Chiropractic**  
3429 Richville Road  
Manchester Center, VT 05254  
(802) 362-7512

Louis Vastola, DC  
3724 Main  
Manchester, VT 05254  
(802) 362-3633

### Williamstown

Jim Garand, DC  
118 Palmer Road  
Williamstown, VT 05679  
(802) 433-1146

## Dentists

### Arlington

Richard Barbierri, DDS  
18 Church Street  
Arlington, VT 05250  
(802) 375-9000

Mary Squire, DDS  
3429 Richville Road  
Arlington, VT 05250  
(802) 366-9119

### Bennington

**First Advantage Dental**  
655 Main Street  
Bennington, VT 05201  
(802) 442-2279

Steven Kane, DDS  
320 Dewey Street  
Bennington, VT 05201  
(802) 442-9141

Thomas Macksey, DDS  
130 Union Street  
Bennington, VT 05201  
(802) 447-7682

**McLain & Peck**  
119 Union Street  
Bennington, VT 05201  
(802) 442-6379

Robert Miller, DDS  
129 Elm Street  
Bennington, VT 05201  
(802) 442-9500

Lawrence Pietrucha, DDS  
140 Hospital Drive Suite 15  
Bennington, VT 05201  
(802) 447-8810

**Salem Dentistry**  
Charles Salem, DDS  
Justin Salem, DDS  
107 Elm Street  
Bennington, VT 05201  
(802) 447-7147

### Manchester

Catherine Cech, DDS  
Route 7A  
Manchester Center, VT 05255  
(802) 362-1014

Philip Ehret, DDS  
39 Elm Street  
Manchester Center, VT 05255  
(802) 362-3636

Richard Heilmann, DDS  
Box 1190  
Manchester Center, VT 05255  
(802) 362-1099

Philip Russell, DDS  
Route 7A  
Manchester, VT 05254  
(802) 362-2151

**South Shaftsbury**

**Shaftsbury Medical Center**  
Thomas Coleman, DDS  
PO Box 230  
South Shaftsbury, VT 05262  
(802) 442-6105

**Family Practice****Shaftsbury**

**Shaftsbury Medical Associates Inc**  
Route 7A  
Shaftsbury, VT 05262  
(802) 442-8531

**Internist****Bennington**

Adam William Kunin, M.D.,FACC  
Bennington Cardiology  
140 Hospital Drive  
Bennington, VT 05201

Eric S. Seyferth, MD  
140 Hospital Drive, Suite 310  
Bennington, VT 05201  
802-442-7855

**Massage Therapists****Bennington**

Time For Yourself, Massage Therapy  
Sandy Stevens  
244 North Street  
Bennington, VT 05201  
802-379-4159

**East Dorset**

Massage & Body Work  
Margaret Canavan  
186 Mad Tom Road  
East Dorset, VT 05253  
802-362-3914

## **Manchester**

Karrie J. Bowen  
56 Elm Street  
Manchester, VT 05255  
802-862-7065

Barb's Healing Hands  
Barbara Clark  
PO Box 2722  
Manchester Ctr., VT 05255  
802-362-3344

Wisehands  
Carol Kane Neilson  
56 Elm Street  
Manchester Ctr., VT 05255  
802-362-3556

Mountain Massage by George Glass  
231 Bonner Street  
PO Box 2722  
Manchester Ctr., VT 05255  
802-362-3344

## **Mental Health Practitioners**

### **Bennington**

Louis Propp  
140 Hospital Drive  
Bennington, VT 05201  
(802) 442-3520

Steven Anthony Sola, PhD  
1167 South Stream Road,  
Bennington, VT 05201  
(802) 447-0432

### **Pownal**

**Psychiatric Clinic Of Development & Aging**  
3335 Route 7  
Pownal, VT 05261  
(802) 823-7770

## **Naturopathic Physicians**

### **Arlington**

Kathleen Audette, ND  
790 Maple Hill Road  
Arlington, VT 05250  
(802) 442-7000

**Bennington****Natural Health Family Practice**

Kathleen Audette, ND  
185 North Street  
Bennington, VT 05201  
(802) 442-7000

**Occupational Therapists****Bennington****Vermont Associates for Training & Development Inc**

1 Veterans Memorial Drive  
Bennington, VT 05201  
(802) 442-3837

**Vermont State - Vocational Rehabilitation & Employee Assistance**

1 Veterans Memorial Drive  
Bennington, VT 05201  
(802) 447-2780

**Vermont State - Rehabilitation & Aging**

200 Veterans Memorial Drive  
Bennington, VT 05201  
(802) 447-2780

**Dorset****Dorset Nursing Association**

909 Route 30  
Dorset, VT 05251  
(802) 362-1200

**Orthopedists****Manchester****Taconic Orthopaedics PC**

Route 7  
Manchester, VT 05255  
(802) 442-6314



**Bennington**

Orthopaedics & Hand Surgery PC  
Robert S. Block, MD  
Jeffrey Matheny, MD  
Matthew Nofziger, MD  
Daniel Robbins, MD  
James Whittum, MD

332 Dewey Street  
Bennington, VT 05201  
(802) 442-6314

**Osteopathic Physicians****Bennington**

Ronald Woodworth, DO  
140 Hospital Drive Suite 300  
Bennington, VT 05201  
(802) 447-1564

**Shaftsbury**

Susan Stein, DO  
98 Horton Hill Road  
Shaftsbury, VT 05262  
(802) 447-3743

**Stamford**

Paul Donovan, DO  
869 Main Road  
Stamford, VT 05352  
(802) 694-1405

**Physical Fitness Centers****Arlington**

**Re-Generation Health & Fitness**  
6378 VT Route 7A  
Arlington, VT 05250  
(802) 362-1353

<b>Bennington</b>	
<b>Off the Wall</b> 160 Benmont Avenue Bennington, VT 05201 (802) 447-0217	<b>Wellness Connection</b> 120 Hospital Drive Bennington, VT 05201 (802) 447-5076
<b>Manchester</b>	
<b>Re-Generation Fitness Center</b> 3429 Richville Road Manchester, VT 05255 (802) 362-1353	<b>Triad Fitness Center</b> 320 Airport Road Manchester, VT 05254 (802) 366-1000
<b>Physical Therapists</b>	
<b>Bennington</b>	
<b>Bennington Physical Therapy</b> 328 Dewey Street Bennington, VT 05201 (802) 447-2101	Jodi Lawliss-Corrado, PT 209 Washington Av Bennington, VT 05201 (802) 442-9006
<b>Southwestern Vermont Medical Center</b> 100 Hospital Drive Bennington, VT 05201 (802) 447-5140	
<b>Manchester</b>	
<b>Manchester Health Services</b> 5468 Main Manchester, VT 05254 (802) 362-2126	<b>Prospect Human Performance &amp; Rehabilitation</b> 7252 Main Manchester, VT 05254 (802) 362-1151
<b>Vermont Sports Medicine Center</b> 4971 Main Street Manchester Center, VT 05254 (802) 362-2836	

## Podiatrist

### Bennington

William James Sarchino, D.P.M.  
343 Dewey Street  
Bennington, VT 05201  
(802) 442-2034

Richard S. Donela, DPM  
213 School Street  
Bennington, VT 05201  
(802) 442-8448

## Rheumatologists

### Bennington

**Southwest Vermont Healthcare**  
Kirk Osterland, MD  
100 Hospital Drive  
Bennington, VT 05201  
(802) 442-7881

<b>Rutland County</b>	
<b>Acupuncturists</b>	
<b>Mendon</b>	
<b>Integrated Therapies Acupuncture &amp; Massage Clinic</b> Monica DeLorme Smith, LAc 13 US Route 4, Suite 2 Mendon, VT 05701 (802) 786-0690	
<b>Pawlet</b>	
<b>Circle of Healing</b> Molly Beverage, LAc Route 30 Pawlet, VT 05761 (802) 325-3300	Patti Weisser, LAc PO Box 1 Pawlet, VT 05761 (802) 325-3535
<b>Rutland</b>	
Daniel Brown, LAc 128 Merchants Row Rutland, VT 05701 (802) 773-3780	
<b>Chiropractors</b>	
<b>Brandon</b>	
<b>Brandon Clinic of Chiropractic</b> Charles Foster, DC 14 Center Street Brandon, VT 05733 (802) 247-6464	
<b>Castleton</b>	
<b>Castleton Corners Professional Center</b> Edward Brown, DC Paul Diekel, DC RR 30 Castleton, VT 05735 (802) 468-2240	

## **Center Rutland**

### **Ashcroft Chiropractic Center**

Linda Ashcroft, LMT  
Richard Ashcroft, DC  
Mark Woodbury, DC  
279 Business Rt 4 Suite 1  
Center Rutland, VT 05736  
(802) 775-4372

## **Mendon**

### **Kirbach Chiropractic Clinic**

22 Us Rt 4  
Mendon, VT 05701  
(802) 773-4155

## **Pittsford**

### **Larson Chiropractic Center**

Robert Larson, DC  
2981 US Rt 7  
Pittsford, VT 05763  
(802) 483-9336

## **Rutland**

### **Associates in Chiropractic, PC**

Brian Humphrey, DC  
36 South Main Street  
Rutland, VT 05701  
(802) 773-8306

### **Moelter Chiropractic Clinic PC**

170 North Main Street  
Rutland, VT 05701  
(802) 775-1986

### **Performance Foot Center**

RR 4  
Rutland, VT 05701  
(802) 775-4372

### **Physical Rehabilitation and Health Center**

Patrick Cooley, DC, PT  
Maurice Maurice, DC  
245 Stratton Road  
Rutland, VT 05701  
(802) 775-6961

## **Wallingford**

### **Thrive Center of the Green Mountains**

Paul Colletti, MT  
Joseph Donohue, DC  
Lisa Donohue, MA, LMT  
68 S. Main Street  
Wallingford, VT 05773  
(802) 446-2499

## **Dentists**

### **Brandon**

#### **H & L Associates**

Benjamin Lawton, DMD  
5 Carver Street  
Brandon, VT 05733  
(802) 247-3314

### **Castleton**

#### **Castleton Medical Center**

James Wright, DDS  
PO Box 418  
Castleton, VT 05735  
(802) 468-5626

David Hassebroek, DDS  
Route 30  
Castleton, VT 05735  
(802) 468-5478

### **Fair Haven**

Paul Davoren, DDS  
129B No Main Street  
Fair Haven, VT 05743  
(802) 265-3604

### **Poultney**

Frederick Michel, DDS  
41 Church Street  
Poultney, VT 05764  
(802) 287-4066

## Rutland

Gary Breen, DDS 50 Mahoney Avenue Rutland, VT 05701 (802) 775-6771	Francis D'Auria, DMD,FAGD 240 Stratton Road Rutland, VT 05701 (802) 775-5777
<b>Family Dental</b> 217 Stratton Road Rutland, VT 05701 (802) 775-0819	Michael Dick, DDS 240 Stratton Road Rutland, VT 05701 (802) 775-6981
Thomas Gallivan, DDS 198 No Main Street Rutland, VT 05701 (802) 773-1393	Robert Hiller, DMD 135 No Main Street Rutland, VT 05701 (802) 770-1730
Joyce Hottenstein, DDS 9 Washington Street Rutland, VT 05701 (802) 773-6966	<b>Iacono &amp; Iacono</b> 72 Allen Street Rutland, VT 05701 (802) 775-7440
Gregory Joseph, DMD 163 Jackson Avenue Rutland, VT 05701 (802) 773-1020	Peter Lakatos, DMD 70 Allen Street Rutland, VT 05701 (802) 773-1200
William McDonald, DMD 198 No Main Street Rutland, VT 05701 (802) 773-2701	Blane Nasveschuk, DDS 65 No Main Street 32 Rutland, VT 05701 (802) 747-4544
Earl Olson, DMD 163 Stratton Road Rutland, VT 05701 (802) 773-0478	Sherilynn Stofka, DDS 66 No Main Street Rutland, VT 05701 (802) 775-9700
Sigismund Wysolmerski, DDS 13 Church Street Rutland, VT 05701 (802) 773-3930	

**Wallingford**

David Baasch, DDS  
8 No Main Street  
Wallingford, VT 05773  
(802) 446-2770

**Family Practice****Bomoseen**

**Castelton Family Health Center**  
275 Route 30 North  
Bomoseen, VT 05732  
(802) 468-5641

**Rutland**

Bruce Bullock, MD  
6 Albert Cree Drive  
Rutland, VT 05701  
(802) 770-1805

**Rutland Primary Care**  
215 Stratton Road  
Rutland, VT 05701  
(802) 773-3386

**West Pawlet**

**Mettowee Valley Family Health Center**  
278 VT Route 149  
West Pawlet, VT 05775  
(802) 645-0580

**Internists****Rutland**

Kurt A. Krupnick, M.D.  
69 Allen Street Suite 10  
Rutland, VT 05701  
802-786-9063

Philip R Lapp, M.D.  
8 Albert Cree Drive  
Rutland, VT 05701



## Massage Therapists

### **Bomoseen**

Mountain Spirit Therapeutic Massage  
Jennifer Smith  
PO Box 466  
Bomoseen, VT 05732  
802-468-5037

### **Killington**

Bodynomics Massage Therapy  
Kathleen Hubbard  
388 Killington Road.  
Killington, VT 05751  
802-773-0454

### **Pittsford**

Kim Willey  
58 Arch Street  
Pittsford, VT 05763  
802-483-9440

### **Rutland**

Body and Face Massage/Spa Services  
Heather Norton  
61 Prospect Street  
Rutland, VT 05701  
802-236-9087

Four Seasons Therapeutic Arts  
Kathleen L. Fleury  
734 US Rt. 4 East  
PO Box 1281  
Rutland, VT 05701  
1-888-327-0631 (toll free)  
802-773-2050

Lotus Fate Therapeutic Massage  
Kit Lane-Johnson, RN, MSW  
254 Stratton Road.  
Rutland, VT 05701  
802-773-5202

**Peace of Mind Emporium**  
Route 4 East  
Rutland, VT 05701  
(802) 773-6233

**TLC Massage Therapy**  
68 Forest Street  
Rutland, VT 05701  
(802) 773-4932

Cynthia Wilcox  
35 East Street  
Rutland, VT 05701  
802-786-0643

## Mental Health Practitioners

### **Pawlet**

Glenn Cratty, LICSW  
Po Box 295 Rte. 30  
Pawlet, VT 05761  
(802) 325-3300

### **Rutland**

Cheryl Dean, PhD  
128 Merchants Row Suite 309  
Rutland, VT 05701  
(802) 786-2442

## Occupational Therapists

### **Rutland**

**Mid Vermont Hand Therapy and  
Ergonomics**  
Shelia McCullough, OTR,CHT  
135 North Main Street  
Rutland, VT 05701  
(802) 747-0540

## Orthopedists

### **Pawlet**

Paul Mark Ross, MD  
Box 186  
Pawlet, VT 05761-0186  
802-325-2193

### **Rutland**

The Vermont Orthopedic Clinic  
David H. Bahnson, MD  
Melbourne Duncan Boynton, MD  
Edgar M. Holmes, III, MD  
David Jay Keller, MD  
Ann C. Stein, MD  
Joseph H. Vargas, III, MD

James Hollinshead, PA-C Bethany S. Coppinger, PA-C Mike Dorion, ATC  3 Albert Cree Drive Rutland, VT 05701 802-775-2937 800-625-2937 (toll free)	
<b>Osteopathic Physicians</b>	
<b>Brandon</b>	
Laura Milker, DO 1164 McConnell Road Brandon, VT 05733 (802) 247-6646	
<b>Rutland</b>	
Peter Szostak, DO 28 East Street Rutland, VT 05701 (802) 773-0566	
<b>Physical Fitness Centers</b>	
<b>Brandon</b>	
<b>Curves for Women</b> 5 Carver Street Brandon, VT 05733 (802) 247-8100	
<b>Fair Haven</b>	
<b>Curves for Women-Fair Haven</b> 41 Prospect Street Fair Haven, VT 05743 (802) 265-2202	<b>Fair Haven Fitness</b> 8 Main Fair Haven, VT 05743 (802) 265-3470

<b>Killington</b>	
<b>Mountain Green Health Spa</b> Killington Road Killington, VT 05751 (802) 422-3113	<b>Pico Sports Center</b> RR 4 Killington, VT 05751 (802) 747-0564
<b>Spa at the Woods</b> Killington Road Killington, VT 05751 (802) 422-3139	
<b>Rutland</b>	
<b>Better Bodys</b> 132 Granger Street Rutland, VT 05701 (802) 775-6565	<b>Gymnasium</b> 30 Merchants Row Rutland, VT 05701 (802) 773-5333
<b>Vermont Martial Arts Academy</b> 254 South Main Street Rutland, VT 05701 (802) 773-1373	<b>Vermont Sport &amp; Fitness</b> 40 Curtis Avenue Rutland, VT 05701 (802) 775-9916
<b>Physical Therapists</b>	
<b>Castleton</b>	
<b>Vermont Sports Medicine Center at Castleton</b> 275 Route 30 North Castleton, VT 05735 (802) 468-2300	
<b>Fair Haven</b>	
Donna Johnson, PT 28 4th Street Fair Haven, VT 05743 (802) 265-4055	Ryan Mahar, PT 28 4th Street Fair Haven, VT 05743 (802) 265-4055
Brooke Morgan, PT 28 4th Street Fair Haven, VT 05743 (802) 265-4055	

## **Rutland**

### **Advantage Physical Therapy**

10 Merchants Row  
Rutland, VT 05701  
(802) 773-8600

### **Physical Rehabilitation and Health Center**

Maurice Cyr, PT  
245 Stratton Road  
Rutland, VT 05701  
(802) 775-6961

### **Professional Therapy Alternatives**

Mark Hildebrand, MPT  
135 North Main Street Suite 3  
Rutland, VT 05701  
(802) 747-6394

### **Restoration Physical Therapy**

69 Allen Street Suite 7  
Rutland, VT 05701  
(802) 775-5052

### **Rutland Regional Medical Center - Physical Medicine Department**

160 Allen Street  
Rutland, VT 05701  
(802) 747-1840

### **Vermont Sports Medicine Center**

5 Albert Cree Drive  
Rutland, VT 05701  
(802) 775-1300

## **Physiatrists**

## **Rutland**

Physiatry and Occupational Health at  
Rutland Regional Medical Center  
Todd P. Lefkoe, MD  
160 Allen Street  
Rutland VT 05701  
(802) 747-3633

Mark J. Bucksbaum, MD  
69 Allen Street, Suite 9  
Rutland VT 05701-4562  
(802) 747-7730

## **Podiatrist**

## **Rutland**

Rutland County Foot Center  
William B. Ferriter, Jr., DPM  
5 Commons Street  
Rutland, VT 05701

Performance Foot Center  
Michelle A Guiliano, DPM  
162 N Main Street  
Rutland, VT 05701  
(802) 775-2600

Jeffrey Russell King, D.P.M. 162 North Main Street Rutland, VT 05701	Frank Buggiani, DPM 5 Commons Street Rutland, VT 05701-4652 (802) 773-8199
<b>Rheumatologists</b>	
<b>Rutland</b>	
<b>Rutland Regional Medical Center</b> Douglas Dier, MD 98 Allen Street Rutland, VT 05701 (802) 775-3374	

# Southeast Region

The following towns are included in the Southeast region.

## **Windham County**

Athens	Jamaica	Stratton
Bellows Falls	Londonderry	Townshend
Brattleboro	Marlboro	Vernon
Brookline	Newfane	Wardsboro
Dover	Putney	Westminster
Dummerston	Rockingham	Whitingham
Grafton	Saxtons River	Williamsville
Guilford	Somerset	Wilmington
Halifax	South Londonderry	Windham

## **Windsor County**

Andover	Ludlow	Sharon
Baltimore	Norwich	Springfield
Barnard	Perkinsville	Stockbridge
Bethel	Plymouth	Weathersfield
Bridgewater	Pomfret	West Windsor
Brownsville	Proctorsville	Weston
Cavendish	Quechee	White River Junction
Chester	Reading	Wilder
Gaysville	Rochester	Windsor
Hartford	Royalton	Woodstock
Hartland		

# Southeast Region

Windham County	
Acupuncturists	
<b>Brattleboro</b>	
<b>Center of Homeopathy of Southern Vermont</b> Julian Jonas, LAc 220 Western Avenue Brattleboro, VT 05301 (802) 254-2928	Yefim Gamgoneishuili, LAc 167 Main Street Brattleboro, VT 05301 (802) 845-4074
Cynthia Moore, LAc PO Box 1832 Brattleboro, VT 05302 (802) 254-7722	Janet Sinclair, LAc 139 Main Street Brattleboro, VT 05301 (802) 254-4103
<b>Watercourse Way</b> Colleen Harris, LAc Nicholas Phillips, LAc Timothy Scott, LAc  62 Elliot Street Brattleboro, VT 05301 (802) 251-0888	Ziyu Xu, LAc 382 Canal Street Brattleboro, VT 05301 (802) 254-5020
<b>Putney</b>	
Ellen Chambers, LAc 96 Rocky Road Putney, VT 05346 (802) 380-4859	
<b>Saxtons River</b>	
Marilyn Morgan, LAc 15 Warner Center Saxtons River, VT 05101 (802) 869-1195	



## Chiropractors

### **Bellows Falls**

Vernon Temple, DC  
102 Saxtons River Road  
Bellows Falls, VT 05101  
(802) 463-9522

### **Brattleboro**

**Anderson Chiropractic Offices**  
Craig Anderson, DC  
316 Western Avenue # 1  
Brattleboro, VT 05301  
(802) 254-4641

**Brattleboro Chiropractic**  
Brenda Davis, DC  
294 USRoute 5  
Brattleboro, VT 05301  
(802) 257-5051

Steven Gruber, DC  
87 High Street  
Brattleboro, VT 05301  
(802) 254-3300

**Vermont Chiropractic Orthopedics**  
Marcy E Jones, DC, FACO  
205 Main  
Brattleboro, VT 05301  
(802) 257-5177

### **Guilford**

**Woodcock Chiropractic Clinic**  
Matthew Davis, DC  
Robert Woodcock, DC  
491 Guilford Highway  
Guilford, VT 05301  
(802) 254-8335

### **Wilmington**

Michele Doucette, DC  
497 Boyd Hill Road  
Wilmington, VT 05363  
(802) 464-2361

## Dentists

### Bellows Falls

David Heydenreich, DMD  
192 Rockingham Street  
Bellows Falls, VT 05101  
(802) 463-3187

### Brattleboro

Dwight Decker, DDS  
36 Park Pl  
Brattleboro, VT 05301  
(802) 254-8322

**Estey Dental Center**  
130 Bridge Street  
Brattleboro, VT 05301  
(802) 251-1031

**First Advantage Dental**  
80 Flat Street Suite 101  
Brattleboro, VT 05301  
(802) 254-6634

**Hoffman & Hoffman**  
31 Fairview Street  
Brattleboro, VT 05301  
(802) 257-1700

Frank Illuzzi, DDS  
210 Western Avenue  
Brattleboro, VT 05301  
(802) 254-2254

Jeffrey Munson, DDS  
Park Pl  
Brattleboro, VT 05301  
(802) 257-7006

**Professional Dental Care**  
72 High Street  
Brattleboro, VT 05301  
(802) 254-9644

Suzanne West, DDS  
93 High Street  
Brattleboro, VT 05301  
(802) 254-4770

Janet Zinter, DDS  
63 Western Avenue  
Brattleboro, VT 05301  
(802) 254-4190

### South Londonderry

**Hearthstone Village**  
Michael deSantis, DDS  
Route 100  
South Londonderry, VT 05155  
(802) 824-6924

**Townshend**

Jeffrey Wallace, DDS  
PO Box 262  
Townshend, VT 05353  
(802) 365-4313

**Westminster**

Ralph Buck, DDS  
PO Box 154  
Westminster, VT 05158  
(802) 722-4742

**Wilmington**

Louis Beaudette, DDS  
108 E Main Street  
Wilmington, VT 05363  
(802) 464-5817

Robert Ruhl, DDS  
25 Coldbrook Road  
Wilmington, VT 05363  
(802) 464-8853

**Family Practice****Brattleboro**

**Brattleboro Primary Care**  
21 Belmont Avenue  
Brattleboro, VT 05301  
(802) 258-3905

Clyde Newton, MD  
19 Belmont Avenue  
Brattleboro, VT 05301  
(802) 257-0110

**Londonderry**

**Mountain Valley Medical Clinic**  
Route 11  
Londonderry, VT 05148  
(802) 824-6901

## Internists

### Brattleboro

Remeline C Damasco, MD  
21 Belmont Avenue  
BRATTLEBORO, VT 05301  
802-254-8832

### Springfield

John D. Hughes, MD  
P.O. Box 2003  
29 Ridgewood Road  
Springfield, VT 05156  
802-885-5733

Jeffrey Michael Bell, M.D.  
368 River Street  
Springfield, VT 05156-2242

## Massage Therapists

### Bellows Falls

Lisa Davenport  
The Square  
Bellows Falls, VT 05101  
802-463-0668

### Brattleboro

**Able Body**  
50 Elliott  
Brattleboro, VT 05301  
(802) 254-3570

Centered Healing Therapeutic Massage  
Terye Wohnus  
148 Elliot Street  
Brattleboro, VT 05301  
802-251-0015

### Dover

Laurie Griffin Massage Therapy  
Laurie Griffin  
Rt. 100N, 148 Valley Center  
W. Dover, VT 05356  
802-348-7754

## **Williamsville**

Turtle Pointe  
Barbara O'Neil  
218 Depot Rd.  
Williamsville, VT 05362  
802-348-6377

## **Mental Health Practitioners**

### **Brattleboro**

**Brattleboro Counseling Center**  
Carolyn Fish, MS  
67 Main Street, Suite 42  
Brattleboro, VT 05301  
(802) 257-0146

**Brattleboro Family Therapy Associates**  
Karen Kamenetzky  
Larry Mcfarland, LCMHC  
167 Main Street  
Brattleboro, VT 05301  
(802) 257-9333

Thomas Ehrenberg, LCMHC  
67 Main Street  
Brattleboro, VT 05301  
(802) 257-2021

Deborah Lowery, MA  
Ingenuity Prof Offices  
Brattleboro, VT 05301  
(802) 257-5651

Sally Mattson  
72 Grove Street  
Brattleboro, VT 05301  
(802) 257-4555

**Otter Creek Associates**  
167 Main Street, Suite 103  
Brattleboro, VT 05301  
(802) 254-2291

Jean Pollock, LCMHC  
229 Western Avenue  
Brattleboro, VT 05301  
(802) 257-1047

Joseph Pumilia, MEd  
139 Main Street  
Brattleboro, VT 05301  
(802) 254-9922

## **Naturopathic Physicians**

### **Brattleboro**

**Brattleboro Naturopathic Clinic**  
1063 Marlboro Road  
Brattleboro, VT 05301  
(802) 254-9332

Jody Noe, ND  
138 Elliot Street  
Brattleboro, VT 05301  
(802) 254-4369

<b>Wellness Services Wholistic Medical Care</b> T Namaya, FNP 773 Guilford Street Brattleboro, VT 05301 (802) 254-4765	
<b>Saxtons River</b>	
Laura Senes, ND 10 Main Street Saxtons River, VT 05101 (802) 869-1222	
<b>Westminster</b>	
<b>Apothecary the at Sojourns Community Health Clinic</b> 4923 U S Route 5 Westminster, VT 05158 (802) 722-4023	
<b>Orthopedists</b>	
<b>Brattleboro</b>	
Orthopaedic Associates of Brattleboro, Inc. John T. Chard, MD Donald L. Kinley, MD Wayne A. Temmen, PA-C 71 GSP Drive, Route 5 South Brattleboro, VT 05301 802-254-9441	Orthopedic Surgery, Sports Medicine and Arthroscopy Jon C. Thatcher, MD 802-254-3500 A. Douglas Lilly, MD 802-254-6211 Elizabeth McLarney 802-254-7787 17 Belmont Avenue Suite 2 Brattleboro, VT 05301
<b>Occupational Therapists</b>	
<b>Brattleboro</b>	
<b>Vermont Associates for Training &amp; Development</b> 232 Main Street Brattleboro, VT 05301 (802) 254-9398	

## Osteopathic Physicians

### Brattleboro

Craig Goldberg, DO  
1027 Western Avenue  
Brattleboro, VT 05303  
(802) 254-4545

Jill Sanders, DO  
20 Technology Drive #8  
Brattleboro, VT 05301  
(802) 257-8889

**Valley Pathology Associates**  
Christopher Appleton, DO  
17 Belmont Avenue  
Brattleboro, VT 05301  
(802) 257-8371

## Physical Fitness Centers

### Bellows Falls

**Ripples Fitness Center**  
18 The Square  
Bellows Falls, VT 05101  
(802) 463-4344

### Brattleboro

**Brattleboro School of BUDO**  
698 Putney Road  
Brattleboro, VT 05301  
(802) 257-4797

**Colonial Motel & Spa**  
972 Putney Road  
Brattleboro, VT 05301  
(802) 254-5040

**Fitness Barn**  
230 Main Street Suite 102  
Brattleboro, VT 05301  
**(802) 257-7350**

**Outer Limits Health Club**  
72 Cotton Mill Hill  
Brattleboro, VT 05301  
(802) 257-2348

## Physical Therapists

### Bellows Falls

**Springfield Hospital**  
18 Old Terrace  
Bellows Falls, VT 05101  
(802) 885-7620

## Brattleboro

### **Brattleboro Memorial Hospital - Rehabilitation Services**

17 Belmont Avenue  
Brattleboro, VT 05301  
(802) 257-8255

Katherine Fleming, PT  
38 Park Place  
Brattleboro, VT 05301  
(802) 257-1717

### **Maple Valley Physical Therapy**

36 Chickering Drive  
Brattleboro, VT 05301  
(802) 258-2337

### **New England Wellness Works**

441 West River Road  
Brattleboro, VT 05301  
(802) 254-1122

### **Orthopaedic Associates of Brattleboro Inc - Physical Therapy**

Industrial Park  
Brattleboro, VT 05301  
(802) 254-3232

### **Physical Therapy Services**

56 Linden Street  
Brattleboro, VT 05301  
(802) 254-4699

## Londonderry

### **Mountain View Physical Therapy**

38 Route 11  
Londonderry, VT 05148  
(802) 824-6110

## Putney

Todd Miller, PT  
Main Street  
Putney, VT 05346  
(802) 387-5155

Priscilla Svec, PT  
Main Street  
Putney, VT 05346  
(802) 387-4799

## Townshend

### **Grace Cottage Hospital - Rehabilitation Department**

Box 274  
Townshend, VT 05353  
(802) 365-4110



**Wilmington****Physical Therapy Plus**

Rebecca Dejnak, PT  
Barbara LeVan, PT  
Wanda Walkowiak, PT  
RR 100  
Wilmington, VT 05363  
(802) 464-3151

**Podiatrist****Brattleboro**

Raymond Mariani, DPM  
142 Western Avenue  
Brattleboro, VT 05301  
(802) 257-7913

**Townshend**

David Stewart Liebow, D.P.M.  
Kimberly Ann Liebow, DPM  
P.O. Box 216  
Townshend, VT 05353  
(802) 365-7371

**Rheumatologists****Brattleboro****Brattleboro Memorial Hospital**

David Patek, MD  
13 Belmont Avenue  
Brattleboro, VT 05301  
(802) 258-3905

**Lebanon, NH****Dartmouth-Hitchcock Medical Center**

Lin Brown, MD  
Christopher Burns, MD  
William Rigby, MD  
1 Medical Center Drive  
Lebanon, NH 03756  
(603) 650-5000

# Windsor County

## Acupuncturists

### Andover

Susan McNulty, LAc  
1834 Simonsville Road  
Andover, VT 05143  
(802) 875-3658

### Bethel

Kirk White, LAc  
307 Christian Hill Road  
Bethel, VT 05032  
(802) 234-9670

### Hartland

Jeffrey Armstead, LAc  
6 Blodgett Ln  
Hartland, VT 05048  
(802) 436-3017

### Ludlow

Mary Conrad, LAc  
98 Smith Road  
Ludlow, VT 05149  
(802) 228-6099

### Norwich

#### Acupuncture & Chinese Medicine

Judith Music, LAc  
312 Main Street  
Norwich, VT 05055  
(802) 649-3858

Glenn Gurman, LAc  
PO Box 1307  
Norwich, VT 05055  
(802) 649-1616

#### Main Street Wellness Center

Mason Dwindell, LAc  
341 Main Street  
Norwich, VT 05055  
(802) 649-5521

<b>Putney</b>	
Ellen Chambers, LAc 96 Rocky Road Putney, VT 05346 (802) 722-4358	<b>Great Turning Healing Center</b> Brendan Kelly, LAc PO Box 493 Putney, VT 05346 (802) 387-4679
<b>Sharon</b>	
Axel Gruel, LAc PO Box 157 Sharon, VT 05065 (802) 763-7422	
<b>Springfield</b>	
Lucy Manning, LAc 99 Olive Street Springfield, VT 05156 (802) 885-6343	<b>Wholistic Wellness Center</b> Deborah Sykes, LAc 160 Wall Street Springfield, VT 05156 (802) 885-7056
<b>White River Junction</b>	
Alexander Johnston, LAc 527 Center Of Town Road White River Jct, VT 05001 (802) 295-6002	Brett (William) Mayfield, LAc PO Box 1343 White River Junction, VT 05001 (802) 295-2603
<b>Woodstock</b>	
<b>Acupuncture Center of Woodstock</b> Jennie Cysyk, LAc 442 Woodstock Road Woodstock, VT 05091 (802) 457-2855	
<b>Chiropractors</b>	
<b>Hartford</b>	
Robert Toda, DC 527 Center Of Town Road Hartford, VT 05047 (802) 295-9583	

<b>Ludlow</b>	
<b>Four Seasons Chiropractic, PC</b> Denise Natale, DC 66 Route 100 North Ludlow, VT 05149 (802) 228-4243	
<b>Norwich</b>	
Louis Huppert, DC 24 Hopson Road Norwich, VT 05055 (802) 649-1441	<b>Norwich Chiropractic Clinic</b> 303 USRoute 5 South Norwich, VT 05055 (802) 649-2102
<b>Vreeland Clinic</b> 295 Main Street Norwich, VT 05055 (802) 649-3122	
<b>Quechee</b>	
<b>Holistic Health Center of Quechee</b> Randy Schaetzke, DC Waterman Place Quechee, VT 05059 (802) 296-6030	
<b>Springfield</b>	
Robert Barber, DC 89 Union Street Springfield, VT 05156 (802) 885-4348	<b>Springfield Chiropractic Health and Rehabilitation Center</b> Terrance Ryan, DC 380 River Street Springfield, VT 05156 (802) 886-2555
<b>Waller Chiropractic Clinic</b> 37 Pleasant Street Springfield, VT 05156 (802) 885-9565	

## White River Junction

### Anderson Chiropractic Center

Craig Anderson, DC  
222 Holiday Drive Suite 22  
White River Jct, VT 05001  
(802) 254-4641

### Center for Health and Nutrition

James McGlinn, DC  
826 Hartford Avenue  
White River Jct, VT 05001  
(802) 295-7725

### Hastings Chiropractic

211 North Main Street  
White River Jct, VT 05001  
(802) 295-4800

### Jill Marquess, DC

85 North Main Street  
White River Jct, VT 05001  
(802) 280-1900

### McDermott Chiropractic

221 Maple Street  
White River Jct, VT 05001  
(802) 280-2225

### Arthur Pistey, DC

736 Hartford Av  
White River Jct, VT 05001  
(802) 295-2111

## Woodstock

### Enrico Grippo, DDS

18 Square  
Bellows Falls, VT 05101  
(802) 463-4635

### Woodstock Chiropractic Center

Steven Drebber, DC  
32 Pleasant Street  
Woodstock, VT 05091  
(802) 457-3355

## Dentists

## Chester

### Stephen Saunders, DDS

PO Box 159  
Chester, VT 05143  
(802) 875-2878

## Ludlow

### John Montgomery, DDS

121 Main Street  
Ludlow, VT 05149  
(802) 228-8899

<b>Norwich</b>	
Steven Bachner, DDS 2 Palmer Ct Norwich, VT 05055 (802) 649-5210	Arnold Burdick, DDS 5 Olcott Drive Norwich, VT 05055 (802) 296-6811
Mark Young, DDS Route 5 Norwich, VT 05055 (802) 295-5611	
<b>Quechee</b>	
<b>Mercury-Free Dentist</b> Peter Britnell, DMD Box 869 Quechee, VT 05059 (802) 295-9344	
<b>Springfield</b>	
Brian Spigel, DMD 109 Summer Street Springfield, VT 05156 (802) 888-2205	Philip Larkin Jr, DDS 148 Main Street Springfield, VT 05156 (802) 885-4140
<b>White River Junction</b>	
Kaifar & Mehrdad Haghkerdar, DMD 7 Highland Avenue White River Jct, VT 05001 (802) 295-6665	Mark Klampert, DDS 72 S Main Street White River Jct, VT 05001 (802) 295-2458
Michael Milne, DDS 3 Highland Avenue White River Jct, VT 05001 (802) 295-5252	Richard Schramm, DMD 72 S Main Street White River Jct, VT 05001 (802) 295-2548
<b>Woodstock</b>	
Thomas Johnston, DDS Sunset Farm Offices Suite 4C Woodstock, VT 05091 (802) 457-1903	David Laughlin, DDS 32 Pleasant Street Woodstock, VT 05091 (802) 457-2922

William McDonald, DDS Sunset Farm Offices Suite 4A Woodstock, VT 05091 (802) 457-4490	
<b>Family Practice</b>	
<b>White River Junction</b>	
Morris Bol, MD 76 Olcott Drive White River Jct, VT 05001 (802) 295-6132	<b>White River Family Practice</b> Julie Davis, MD Michael Lyons, MD Mark Nunlist, MD Thomas Parrott, MD 331 Olcott Drive White River Jct, VT 05001 (802) 295-6132
<b>Internists</b>	
<b>Norwich</b>	
Carole Elizabeth Bibeau, MD 21 Huntley Street Norwich, VT 05055	
<b>White River Junction</b>	
Daniel Stevenson Stadler, MD 46 South Main Street White River Junction, VT 05001	
<b>Windsor</b>	
Mt. Ascutney Medical Group Marlene Henning Sachs, MD 289 County Road Windsor, VT 05089 802-674-7300	

## Massage Therapists

### Chester

Awakenings Massage by Ruth  
Ruth Stanton  
87 North Street  
Chester, VT 05143  
802-875-3914

### Hartford

**Strong House Spa**  
694 Quechee Main  
Hartford, VT 05047  
(802) 295-1718

### Norwich

Kevin Clark, NCTMB  
221 US Route 5 South  
Norwich, VT 05055  
(802) 649-5252

**Norwich Muscular Therapy**  
RR 5  
Norwich, VT 05055  
(802) 649-2321

Spiritworks  
Carolyn Dewey  
PO Box 219  
Norwich, VT 05055  
802-649-5442

### White River Junction

Awakenings Holistic Health  
Richard W. Crandall  
83 Gates Street  
White River Junction, VT 05001  
802-280-1838

Sally Thursby  
144 Palmer Ct  
White River Jct, VT 05001  
(802) 649-1779

### Woodstock

Woodstock Health & Fitness Center  
Leanne Jillson  
Rt.106  
Woodstock, VT 05091  
802-457-6656



## Naturopathic Physicians

### Norwich

Susan Kowalsky, ND  
16 Beaver Meadow Road  
Norwich, VT 05055  
(802) 649-1064

## Occupational Therapists

### Hartford

**Vermont Associates for Training & Development**  
226 Holiday Drive  
Hartford, VT 05047  
(802) 295-8991

### Ludlow

**Mountainside House Teen Shelter**  
6 Mill Street  
Ludlow, VT 05149  
(802) 228-7783

### Springfield

**Springfield Health & Rehabilitation Center**  
105 Chester Road  
Springfield, VT 05156  
(802) 885-5741

**Vocational Rehabilitation Regional Office**  
100 Mineral Street Suite 308  
Springfield, VT 05156  
(802) 885-2279

### White River Junction

**Health Center at Bellows Falls - Physical Therapist**  
18 Old Terrace  
Bellows Falls, VT 05101  
(802) 463-1282

**Vocational Rehabilitation & Employee Assistance**  
Holiday Inn Drive  
White River Jct, VT 05001  
(802) 295-8850

## Orthopedists

### Springfield

Connecticut Valley Orthopaedics and  
Sports Medicine  
David Alexander Halsey, MD  
David L. Muller, M.D.  
29 Ridgewood Road  
Springfield, VT 05156  
802-885-6373

### Windsor

Mt. Ascutney Orthopaedics  
Diane Cooper Riley, M.D.  
289 County Road.  
Windsor, VT 05089  
(802) 674-7062

## Osteopathic Physicians

### Bridgewater Corners

Howard Jonas, DO  
1606 Bridgewater Center Road  
Bridgewater Corners, VT 05035  
(802) 672-3875

## Physical Fitness Centers

### Brownsville

**Ascutney Mountain Resort**  
PO Box 699  
Brownsville, VT 05037  
(800) 243-0011

### Cavendish

**Castle Hill Spa**  
RR 103  
Cavendish, VT 05142  
(802) 226-7419

<b>Hartford</b>	
<b>Ladies Workout Express</b> 223 Maple Hartford, VT 05047 (802) 280-2280	<b>Strong House Spa</b> 694 Quechee Main Hartford, VT 05047 (802) 295-1718
<b>Reading</b>	
<b>Ascutney Mountain Sports &amp; Fitness Center</b> RR 44 Reading, VT 05062 (802) 484-7711	
<b>South Royalton</b>	
<b>Royalton Community &amp; Wellness Center Llc</b> 58 Safford S Royalton, VT 05068 (802) 763-2455	
<b>Springfield</b>	
<b>Curves for Women</b> 260 River Street Springfield, VT 05156 (802) 885-4800	
<b>White River Junction</b>	
<b>Curves of Wilder</b> 61 Depot White River Jct, VT 05001 (802) 295-9696	<b>Fountain of Youth Fitness Club</b> 338 North Hartland Road White River Jct, VT 05001 (802) 295-3184
<b>Shapes Fitness Center</b> 338 North Hartland Road White River Jct, VT 05001 (802) 295-3184	<b>Workout Studio</b> Junction Market Plac White River Jct, VT 05001 (802) 296-8309
<b>Woodstock</b>	
<b>Bodies in Action</b> 53 Pleasant Street Woodstock, VT 05091 (802) 457-2402	

# Physical Therapists

## Bethel

### Gifford Family Health Center

Mark Seymour, DO  
1823 VT Rt 107  
Bethel, VT 05032  
(802) 234-9913

## Hartford

### Red Barn Physical Therapy Associates

16 Hemlock Ridge Drive  
Hartford, VT 05047  
(802) 280-1878

## Ludlow

### Mountain View Physical Therapy

415 Route 103 South  
Ludlow, VT 05149  
(802) 228-4840

### Springfield Hospital

8 Main Street  
Ludlow, VT 05149  
(802) 885-7620

### Vermont Sports Medicine Center

Okemo Medical Centre  
Ludlow, VT 05149  
(802) 775-1300

## North Springfield

### Crown Point Physical Therapy Associates

43 School Street  
North Springfield, VT 05150  
(802) 886-2321

### Springfield Hospital Physical Occupational & Speech Therapy

441 River Street  
North Springfield, VT 05150  
(802) 886-2172

## Springfield

### Springfield Hospital Alternative Therapy Center

25 Ridgewood Road  
Springfield, VT 05156  
(802) 885-2151

### Wholistic Wellness Center

Cindy Aldrich, PT  
160 Wall Street  
Springfield, VT 05156  
(802) 885-1600

**Windsor**

**Mental Health Services of Southeastern  
- Windsor Office**  
County Road  
Windsor, VT 05089  
(802) 674-6711

**MT Ascutney Hospital- Physical Therapy**  
289 County Road  
Windsor, VT 05089  
(802) 674-7100

**Woodstock**

**Ottauquechee Physical Therapy Services**  
Peter Mayock, PT  
442 Woodstock Road Suite 3A  
Woodstock, VT 05091  
(802) 457-3215

**Upper Valley Rehabilitation Inc**  
Ryan Gatchell, OTR  
Jane Olds, PT  
RR 106  
Woodstock, VT 05091  
(802) 457-4213

**Physiatrist****Windsor**

Sikhar N. Banerjee, MD  
Mt Ascutney Hosp  
289 County Road  
Windsor VT 05089  
(802) 674-7394

**Podiatrist****Springfield**

Edward Patrick Smith, Jr., DPM  
148 Park Street  
Springfield, VT 05156  
(802) 885-2318

**Rheumatologists****White River Junction**

**Veterans Administration Hospital**  
Kevin Kerwin, MD  
Thomas Taylor, MD  
215 N Main Street  
White River Jct, VT 05001  
(802) 295-9363

# Community Based Programs

## *Get Moving Vermont*

“Get Moving Vermont” is a state wide incentive program for individuals and families to become more physically active. Currently, 25% of adult Vermonters get regular physical activity. “Get Moving Vermont,” an effort supported by the Vermont Governor’s Council on Physical Fitness and Sports, wants to change that! You don’t have to be an athlete, and there are no age or fitness level requirements. Remember, if you are not currently physically active, you can use this opportunity to start slowly and increase your overall fitness.

The goal of “Get Moving Vermont” is to improve the overall health of the Community by encouraging all Vermonters to get at least 30 minutes of physical activity most days of the week. Look for an ongoing “Get Moving Vermont” community calendar of free and inexpensive opportunities to “Get Moving!”

This program encourages you to keep track of your various activities on a log. You will receive a Recognition Certificate signed by the Governor after your first log has been submitted. You will receive a free shirt after completing your second log.

To obtain a log sheet and to keep track of your physical activity, contact:

“Get Moving Vermont”

Vermont Department of Health

Office of Health Improvement

P.O. Box 70

Burlington, VT 05402

## ***The Governor's Walking Challenge***

The goal of the Governor's Walking Challenge is to recognize individuals who walk for exercise and to encourage all Vermonters to get involved in 30 minutes of physical activity every day. Three levels of walking achievement are recognized—distances of 50, 100, and 500 miles.

It is easy to participate in this program. The only requirement is that individuals walk briskly at least 3 times per week for at least 20-30 minutes. The miles that are walked are then logged onto a "Governor's Challenge Log Sheet" for every walk that is taken. The first goal is 50 miles, for which participants receive a certificate signed by the governor. Once this goal is reached, participants are encouraged to try for the 100 mile challenge. Participants who complete this challenge are awarded with a 100-MILE pin from the Governor's office. After completing 500 miles, the participants are given a "Get Moving Vermont" shirt donated by the *Governor's Council on Physical Fitness and Sports*.

To participate and obtain a log sheet, contact:

### **Governor's Walking Challenge**

Vermont Department of Health

Health Promotion

P.O. Box 70

Burlington, VT 05402

1-800-464-4343 or 802-657-4202

# Support Services

This section includes resources that may be helpful because they address a variety of needs and topics that relate to arthritis and impact daily life.

## *Resources for information and referral*

The resources included in this section primarily serve as centers for information and referral. They are included here because they may be helpful in addressing a number of concerns rather than focusing on one or two topics. Organizations listed in this section have statewide networks and should be able to refer you to a nearby provider of the service that you seek.

### **Vermont 2-1-1**

Vermonters have a new service available to them called “2-1-1.” The state-wide helpline, Vermont 2-1-1, a program of the United Ways of Vermont, is an information and referral program serving all Vermonters.

Vermont 2-1-1’s Community Information Referral Specialists provide the human touch, help to solve problems, and link callers throughout Vermont with government programs, community-based organizations, support groups, and other local resources.

Just one number to call for confidential, streamlined access to community resources for everyday needs and difficult times. Helpline staff is available Monday-Friday, 8:30-4:30pm.

Phone: Dial **2-1-1** anywhere in Vermont  
1-866-652-4636 toll-free within Vermont  
1-802-652-2636 from outside Vermont

Web: [www.vermont211.org](http://www.vermont211.org)

### **Screen Door**

#### **The Vermont Agency of Human Services Screening Tool**

This is a web-based screening tool that is available to all Vermonters. The website was designed to help Vermonters find out about the services that might be available to help them.

The website will ask visitors some questions about themselves and their family, such as basic financial information, who lives with them and some of the things that they might need help with. None of the information is saved or stored on anyone's computer or in anyone's database and the website doesn't ask for identifying information such as name, address or social security number.



## **Elder and Adult Services**

### **Department of Disabilities, Aging and Independent Living (DAIL)**

The Department of Disabilities, Aging and Independent Living is the center of the Agency of Human Services' program management and policy development with respect to older persons and persons with disabilities. The Department has the following goals:

1. Assist older persons and adults with physical disabilities to live as independently as possible.
2. Assist persons with disabilities to find and maintain meaningful employment.
3. Assure quality of care and life to individuals receiving health care and/or long term care services from licensed or certified health care providers and protect elderly and disabled adults from abuse, neglect and exploitation.

Phone: (802) 241-2400

Web: <http://www.dad.state.vt.us/dail/>

### **Adult Protective Services (APS)**

APS is a public safety program within the Division of Licensing and Protection (DLP), Department of Aging and Disabilities. APS is tasked with receiving and investigating allegations of abuse, neglect and exploitation of vulnerable elderly and disabled adults in Vermont. Investigations are conducted to determine the validity of allegations and when warranted include the coordination of protective services to address critical safety concerns. The APS Program maintains a registry of substantiated perpetrators of abuse and performs checks of that registry for employers that provide care and services to vulnerable adults. APS is also involved in community education programs to raise the public awareness of abuse issues, stimulate prevention efforts and educate personal care staff members about their mandatory reporting responsibilities.

Phone: 1-800-564-1612 (toll free)

1-802-241-2345

Web: <http://www.dad.state.vt.us/lp/aps.htm>

## ***Locating Assistive or Adaptive Devices***

### **Aids for Arthritis**

This company put out a catalog of products to help with daily activities that are difficult for people with arthritis. They have a wide variety of adaptive tools for all aspects of daily living. They can be contacted by phone or on the web for a free catalog.

Phone: 1-800-654-0707

Web: [www.aidsforarthritis.com](http://www.aidsforarthritis.com)

## **Friends and Relatives**

People that you know may have the adaptive devices that you are looking for. Walkers and crutches as well as other helpful devices may be more easily borrowed from friends than purchased. It may also be helpful to try out adaptive devices before you buy. Friends and family might just have what you are looking for.

## **The Arthritis Foundation**

There are many products that have been deemed “Easy to Use” by the Arthritis Foundation. Additionally on their website they list products ranging from kitchen appliances to orthopedic devices that arthritis patients may find useful. The link for a complete listing of Easy to Use products can be found at [http://www.arthritis.org/resources/sponsors/ease\\_of\\_use/eou\\_complete\\_list.asp](http://www.arthritis.org/resources/sponsors/ease_of_use/eou_complete_list.asp)

## **Job Accommodation Network (JAN)**

JAN is a US Department of Labor sponsored free consulting service that provides information about job accommodations, the Americans with Disabilities Act (ADA), and the employability of people with disabilities. They provide a “Searchable Online Accommodation Resource” database, which allows individuals and employers to explore various accommodation options for persons with disabilities in the work setting.

Phone: (800) 526-7234

Web: [www.jan.wvu.edu](http://www.jan.wvu.edu)

## **National Organization on Disability**

The National Organization on Disability (NOD) promotes the full and equal participation and contribution of America’s 54 million men, women and children with disabilities in all aspects of life. They offer a variety of programs including the **Employability Program**, which partners with businesses, organizations, governments and other agencies to raise awareness and utilization of the great and largely untapped employment potential of the imagination and abilities of people with disabilities. NOD also coordinates the CEO Council, which promotes expanded employment of people with disabilities through recognition of CEO’s and their companies and advises business on disability matters. Their website includes a listing of disability-related information and resources for people interested in closing the participation gaps between people with and without disabilities in major life areas. There are also links and resource lists on other current topics of interest, such as emergency preparedness.

Phone: (202) 293-5960

Web: [www.nod.org](http://www.nod.org)

# National Organizations & Websites

## Arthritis Foundation

### National:

Arthritis Foundation  
1330 W. Peachtree  
Atlanta, GA 30309  
Toll free: 1-800-283-7800  
Web: [www.arthritis.org](http://www.arthritis.org)

### Regional:

Northern and Southern New England Chapter  
6 Chenell Drive, Suite 260  
Concord, NH 03301  
Phone: 1-603-224-9322  
Toll free: 1-800-639-2113  
Fax: (603)224-3778  
Email: [info.nne@arthritis.org](mailto:info.nne@arthritis.org)

The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and to improve the quality of life for those affected by arthritis.

What can the Arthritis Foundation do for me?

- Provide educational material for the public including pamphlets, brochures, and booklets.
- Provide educational material for presentation to the public including self-help course trainings.
- Publishes the magazine “Arthritis Today.”
- Publishes newsletter for healthcare professionals.
- Aquatic and exercise program listing.
- Provide Self-Help Courses for:
  - Arthritis
  - Fibromyalgia

Web Related Information can be found at [www.arthritis.org](http://www.arthritis.org).

Locally – Vermont events, classes, and rheumatologists can be found by going to the Arthritis Foundation home page, typing in your zip code, and then using the links on the left side of the screen.

On the website you can find information regarding the following topics:

- Latest research findings.
- General information on different types of arthritis and treatments.
- Surgery Center-Information about arthritis surgeries including some animated demonstrations.
- Arthritis-related programs by state.
- Chat Rooms.
- Arthritis Store – items for sale including books, exercise and other videos.
- Advocacy Issues.
- Connect and Control – online personalized self-help course.

### **The Arthritis Society**

The Canadian Arthritis Society includes information on the types of arthritis, tips for living well, and research news.

The Arthritis Society (National Office)

393 University Avenue, Suite 1700

Toronto, Ontario M5G 1E6

CANADA

Phone: 1-416-979-7228

Fax: 1-416-979-8366

E-mail: [info@arthritis.ca](mailto:info@arthritis.ca)

Web: [www.arthritis.ca](http://www.arthritis.ca)

### **American Academy of Orthopedic Surgeons**

6300 N. River Road.

Rosemont, IL 60018-4262

Phone: 1-800-346-2267

Fax: 1-847-823-8125

Email: [webhelp@aaos.org](mailto:webhelp@aaos.org)

Web: [www.aaos.org](http://www.aaos.org)

### **American College of Rheumatology**

1800 Century Place, Suite 250

Atlanta, GA 30345

Phone: 1-404-633-3777

Fax: 1-404-633-1870

Email: [acr@rheumatology.org](mailto:acr@rheumatology.org)

Web: [www.rheumatology.org](http://www.rheumatology.org)

**Center for Disease Control Arthritis Program (CDC)**

The Center for Disease Control (CDC) Arthritis Program has the primary goal of increasing the quality of life for people affected by arthritis on a national level.

National Center for Chronic Disease Prevention and Health Promotion

Division of Adult and Community Health

Health Care and Aging Studies Branch

Arthritis Section

Mailstop K-51

4770 Buford Highway NE

Atlanta, GA 30341-3724

Phone: 1-770-488-5464

Fax: 1-770-488-5964

Email: [arthritis@cdc.gov](mailto:arthritis@cdc.gov)

Web: <http://www.cdc.gov/arthritis/>

**Foundation for Informed Medical Decision Making, Inc.**

40 Court Street, Suite 200

Boston, MA 02108

Phone: 1-617-367-2000

Fax: 1-617-367-0315

Email: [info@fimdm.org](mailto:info@fimdm.org)

Web: [www.fimdm.org](http://www.fimdm.org)

**Lupus Foundation of America, Inc.**

**National Organization**

2000 L Street, NW Suite 710

Washington, DC 20036

Phone: 1-202-349-1155 (Main Office)

Phone: 1-202-349-1159 (Health Educator)

Toll Free: 1-800-558-0121 (To request a brochure about lupus)

Fax: 1-202-349-1156

Web: [www.lupus.org](http://www.lupus.org)

**National Fibromyalgia Research Association**

PO Box 500

Salem, OR 97308

Web: [www.nfra.net](http://www.nfra.net)

**The National Fibromyalgia Partnership, Inc.**

(Provides support group services)

NFP, Inc.

P.O. Box 160

Linden, VA 22642

Toll free: 1-866-725-4404

Fax: 1-866-666-2727

E-mail: [mail@fmpartnership.org](mailto:mail@fmpartnership.org)

Web: [www.fmpartnership.org](http://www.fmpartnership.org)

**National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**

Information Clearinghouse

National Institutes of Health

1 AMS Circle

Bethesda, MD 20892-3675

Phone: 1-301-495-4484

or 1-877-22-NIAMS (toll-free)

Fax: 1-301-718-6366

TTY: 1-301-565-2966

E-mail: [niamsinfo@mail.nih.gov](mailto:niamsinfo@mail.nih.gov)

Web: [www.nih.gov/niams](http://www.nih.gov/niams)

**National Osteoporosis Foundation**

1232 22nd Street N.W.

Washington, DC 20037-1292

Phone: 1-202-223-2226

Web: [www.nof.org](http://www.nof.org)

**North American Spine Society**

6300 N. River Road., Ste. 500

Rosemont, IL 60018-4231

Phone: 1-847-698-1630

Fax: 1-847-823-8668

Web: [www.spine.org](http://www.spine.org)

**Scleroderma Foundation**

12 Kent Way, Ste. 101

Bayfield, MA 01922

Phone: 1-978-463-5843

Email: [sfinfo@scleroderma.org](mailto:sfinfo@scleroderma.org)

Web: [www.scleroderma.org](http://www.scleroderma.org)

**Spondylitis Association of America**

PO Box 5872

Sherman Oaks, CA 91413

Phone: 1-800-777-8189

Fax: 1-818-981-9826

Email: [info@spondylitis.org](mailto:info@spondylitis.org)

Web: [www.spondylitis.org](http://www.spondylitis.org)

# Health Care Assistance

The increasing cost of prescription drugs is a key concern for individuals with arthritis. Those without a health insurance plan that covers prescription drugs as well as people with incomes only slightly above the threshold for Medicaid eligibility must often pay high costs for medications out-of-pocket.

The list below includes organizations that provide insurance assistance for individuals that need help managing and fulfilling their health care needs. Most programs have stringent eligibility requirements. Please contact the program that you are interested in to inquire about benefits and eligibility.

## **Vermont Health Access Plan (VHAP)**

The Vermont Health Access Plan (VHAP) is health insurance for uninsured adults who are not eligible for Medicaid, covers a wide range of services including hospital care and doctor visits.

Phone: 1-800-250-8427

Web: [http://www.path.state.vt.us/Programs\\_Pages/Healthcare/vhap.htm](http://www.path.state.vt.us/Programs_Pages/Healthcare/vhap.htm)

## **Medicare and Medicaid Services**

Medicare (and Medicaid) offers many people important medical and prescription drug coverage, or partial coverage. To find out more about what Medicare may cover for you, please visit their website, or call their toll free number listed below.

Centers for Medicare & Medicaid Services

7500 Security Boulevard

Baltimore, MD 21244-1850

Phone: 1-800-MEDICARE (1-800-633-4227)

Web: [www.medicare.gov](http://www.medicare.gov)

## **Blue Cross & Blue Shield of Vermont**

Offers various coverage depending on your employment and income situation.

Please contact them to find out more about their “freedom plan” insurance coverage options available.

Blue Cross and Blue Shield of Vermont

P.O. Box 186

Montpelier, VT 05601

Phone: 1-800-255-4550

Web: [www.bcbsvt.com](http://www.bcbsvt.com)



**CIGNA**

CIGNA Health Care  
30 Main Street  
Burlington, VT 05401  
Phone: 1-800-675-1970  
Fax: 1-802-658-9212

**MVP Health Care**

MVP Health Care provides employers with health coverage plans for their employees, please check with your employer.

MVP Health Care  
66 Knight Lane, Suite 10  
Williston, VT 05495  
Phone: 1-802-264-6500  
Toll Free: 1-800-380-3530  
Fax: 1-802-264-6555  
Web: [www.mvphealthcare.com](http://www.mvphealthcare.com)

# Prescription Assistance Information

Many drug manufacturers have prescription assistance programs. All the companies have different requirements for application and have different ways of determining eligibility for assistance. The following is a partial list of ways you can find out more about these assistance programs. You must work with your physician.

## **Medicare**

Medicare offers many people important medical and prescription drug coverage, or partial coverage. To find out more about what Medicare may cover for you, please visit their website, or call their toll free number listed below.

**<http://www.medicare.gov/medicarerereform/drugbenefit.asp>**  
1-800-MEDICARE (1-800-633-4227)

You can get free personalized counseling from you State Health Insurance Assistance Program (SHIP), and other local and community-based organizations. Call the 1-800-MEDICARE to get the telephone number of the SHIP nearest you.

**<http://www.phrma.org>** (search “Patient Assistance Program”). This offers a list of the leading drug manufacturers that have prescription assistance programs and tells how to contact the manufacturers to apply for free or reduced medications. A “Directory of Prescription Drug Patient Assistance Programs” is also available on the web site.

For those without Internet access contact:

## **PhRMA**

1100 Fifteenth Street, NW  
Washington, DC 20005  
(202)-835-3400  
Fax: (202)-835-3414

**<http://www.needymeds.com>** An information source to learn about patient assistance programs and other programs designed to help those who can not afford their medicines.

The **Rheumatoid Arthritis Assistance Foundation** was established to improve access to ENBREL, a medication for people with various types of Rheumatoid Arthritis, for patients who have limited resources. To be eligible for assistance, patients must meet the criteria set by the Foundation's Board of Directors. Please call 1-800-282-7704 for more information or to discuss eligibility. Physician requests should be directed to:

Rheumatoid Arthritis Assistance Foundation  
P.O. Box 766  
Washington D.C. 20077-1207  
(800) 282-7704  
(888) 508-8083 (fax)

### **Prescription Discount Cards**

Many drug companies are now offering a discount card for their medications for senior citizens on Medicare who meet eligibility requirements. Others include people with disabilities and those with limited income. One discount card example is given below. For others check the web site of the drug manufacturer or contact customer service numbers. <http://www.together-rx.com>

Discount card for eligible Medicare enrollees for several participating drug companies for some medications.

Together Rx Card  
P.O. Box 2127  
Lakewood, NJ 08701-9620  
(800) 865-72311 for eligibility information

The following programs may be able to help with the application process for prescription assistance.

1. **St. Vincent De Paul Prescription Assistance Program**  
1-208-345-2833
2. **The Medicine Program**  
P.O. Box 515  
Doniphan, MO 63935-0515  
E-mail: [help@themedicineprogram.com](mailto:help@themedicineprogram.com)  
<http://www.themedicineprogram.com>  
1-573-778-1118

The Medicine Program assists those of all ages who have exhausted other sources for help with medication. There is a \$5.00 processing fee charged for each medication requested.

# Transportation Services

This section includes public transportation providers as well as Medicaid (Para transit) providers in your area. Medicaid providers provide on-demand transportation for senior citizens and people with disabilities or those who cannot use regular transit services. Most Medicaid providers limit their services to medically necessary transportation (to and from doctor's appointments). Some providers do offer transportation to local shopping centers, banks and senior centers.

## Community transportation services

Many towns provide transportation such as "senior van" for necessary circumstances; medical appointments, weekly grocery purchases etc. According to the town, the service is totally free or may have a nominal charge that may apply. Typically the vans are wheelchair accessible. Please call your town clerk for the most updated and available services.

Another useful number to call is 1-800-685-RIDE (7433) the Rideshare hotline.

## Senior Transportation

To find transportation services in your area, contact your local Area Agency on Aging. Your local community area Agency on Aging can be found by visiting the **Eldercare Locator** website at [www.eldercare.gov](http://www.eldercare.gov) or calling 1-800-677-1116.

You can also call the Senior Helpline 1-800-642-5119 (Council on Aging helpline) to help find transportation available to you.

## Vermont Rideshare

Provides Vermonters with various transportation services, mostly through carpooling. A major initiative of Vermont Rideshare, is to improve mobility to those without reliable transportation. Call 1-800-685-RIDE (7433) to find transportation available to you or visit their website [www.vermontrideshare.org](http://www.vermontrideshare.org).

## The Special Services Transportation Agency (SSTA)

The SSTA has a variety of service options for those who need a ride to a recreation site, or fitness program. Individuals and groups can be accommodated through the agency. More information for consumers is available by calling, SSTA at (802) 655-7880

## Medicaid transportation services:

Medicare does not pay for any transportation services except ambulance services, but Medicaid may pay for transportation services to get you to a medical appointment if you are eligible, so you will need to check your eligibility with Medicaid directly.